



SELF

**IT'S
GO
TIME!**

202
**GAME
CHANGERS**
**FOR YOUR
BODY &
YOUR LIFE**

**SUPERMODEL
CANDICE
SWANEPOEL**
**HOTTER THAN
HOT—HOW
SHE DOES IT**

**FASHION
& BEAUTY**
**FROM SPORTY
TO SEXY**

**Should You Go
Gluten
Free?**

**+ BURN MORE
CALS WITH
KETTLEBELLS**

NEXXUS®

NEW YORK SALON CARE

DEEPLY REPLENISHED BEAUTIFUL FLUIDITY

Introducing the Therapie & Humectress Hair Replenishing System

Nourish your hair and rediscover strength and flexibility with our highly sophisticated hair care system. Specifically formulated using concentrated, 100% pure Elastin Protein and a precious Caviar Complex, our Therapie & Humectress system is designed to work together to restore your hair's natural, fluid beauty.

FOR HAIR THAT LIVES TO MOVE



SELF

A full-page photograph of a woman with blonde hair, wearing a black one-piece swimsuit, running on a sandy beach. She is captured in a dynamic pose, with her right leg forward and arms pumping. The background shows the ocean with gentle waves under a bright sky. The word 'SELF' is printed in large, bold, black capital letters at the top of the image.

**"I'M AN ATHLETE—
I USE EVERY MUSCLE
WHEN I POSE. IT'S
IMPORTANT FOR ME
TO FEEL STRONG."**



NEXXUS®

NEW YORK SALON CARE

DEEPLY REINFUSED PERFECTLY SMOOTH BEAUTIFUL FLUIDITY

Introducing the Oil Infinite Oil Infusing System

Regain control of unmanageable hair with our highly sophisticated hair care system. Specifically formulated using concentrated, 100% pure Elastin Protein and natural Babassu and Marula oils, our Oil Infinite system works together to renew hair texture and restores smooth, sleek, fluid beauty.

FOR HAIR THAT LIVES TO MOVE



SELF



SPRING
MUST-HAVE
**THE APPLE
WATCH** P.12



NEXXUS[®]

NEW YORK SALON CARE

INTENSELY RECONSTRUCTED TOTALLY RESPONSIVE BEAUTIFUL FLUIDITY

Introducing the Emergencée Hair Reconstructive System

Reconstruct damaged hair from within and bring back responsiveness and resilience with our highly sophisticated hair care system specifically formulated using enhanced levels of concentrated, 100% pure Elastin Protein and Marine Collagen. Our Emergencée system actively repairs the internal structure of every strand and restores your hair's responsive, fluid beauty.

FOR HAIR THAT LIVES TO MOVE



(MARCH)

CONTENTS

COVER STORIES

12 It's Go Time!

76 Candice
Swanepoel

36 Fashion
& Beauty

94 Should You Go
Gluten-Free?

49 Burn More Cals
With Kettlebells

84

**"I still shoot
hoops with
friends—basketball
reminds me
how to have fun."**

—GRACE MAHARY, model

If you love facials, DIY.

Now comes soap just for sonic cleansing. Turns a face wash into a facial.

So let yourself glow.
Grab a sonic brush.
Better yet, use ours. It's gentle.
Effective. Dermatologist-developed.

Turn on some music.
Try it in the shower.
Like a 60-second vacation
for your face.

DIY today and every day.

New. Foaming Sonic Facial Soap

and Clinique Sonic System
Purifying Cleansing Brush

 Gentle by design. Go to clinique.com/petaltest

CLINIQUE

Allergy Tested. 100% Fragrance Free.



76



90



94



FEATURES

76 Candice Almighty
Victoria's Secret Angel Candice Swanepoel has hit her stride, both on and off the runway. She shares her secrets for a hot body and a happy, healthy life.

84 Up Your Evening Game
Sexy minis, lace-up sandals and shots of shine are a winning combo for your next night out.

90 Body in Balance
When your muscles work in sync, your body can perform at its best. *The Walking Dead's* Danai Gurira tells us how she stays balanced and strong.

94 What's So Wrong With Wheat?
Wheat has become one of the most controversial foods in our diet. But is gluten-free always the way to go?

100 Head Strong
A bold signature hairstyle can transform the way you see yourself. Four women share how distinctive looks have become their trademarks.

84

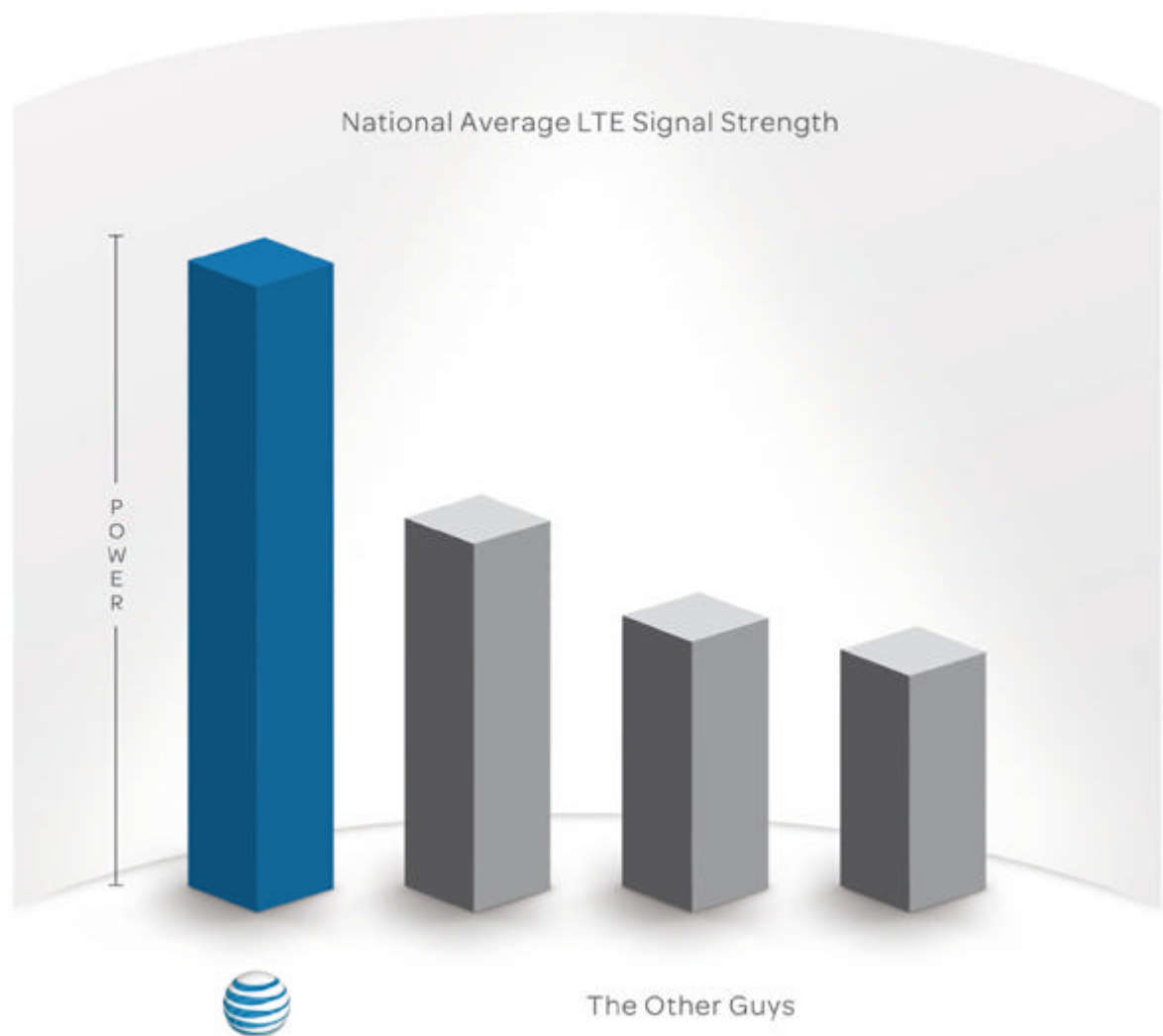


100



It's official.

AT&T's network now has the nation's
strongest LTE signal.



MOBILIZING
YOUR
WORLD™



1.866.MOBILITY

| ATT.COM/network

| Visit a Store

Claim based ONLY on avg. LTE signal strength for national carriers. LTE is a trademark of ETSI. LTE not avail. everywhere. ©2015 AT&T Intellectual Property. All rights reserved.

20

SELF STARTER

15 Into the Woods

Why you should join an adventure club

16 Active to-Do List

Core-strengthening props and a must-read running book

18 Which Is Better...

Flossing before or after you brush?

20 Healthy Now

All-natural energy boosts, the truth about soup detoxes and more

22 SELF Approved

The best running trails

24 Hot in Hollywood

Jessica Alba's new column

SELF IMAGE

27 Starting Lineup

Referee-inspired black and white

28 Up & Out

Designer Marguerite Wade's A.M. agenda

30 The Roundup

Update your look with colorful racing stripes.

42

32 The Find

Graphic statement earrings

34 Beauty Buzz

New mascara, astrology-inspired soaps and more

36 Easy Does It

Spring's perfectly undone beauty look

38 Petal Pushers

This season's most gorgeous floral scents

42 Soft, Pretty Hair

Styling tricks for wavy and curly locks. Plus: Makeup that flatters everyone



SELF MOTIVATE

45 What's Your Fitness Age?

How it links to your performance, plus a simple routine for improving both

49 Trainer to Go

Kettlebell moves

52 Go-to Gear

The top sports bras for yoga, Spinning and more

54 Gym Bag

Hit the punching bag with stylish boxing-class essentials.



64

58 Mango, 3 Ways

Easy recipes using the juicy, vitamin C-packed fruit

61 Eat Clean

Your plan for a full day's worth of antioxidant-rich meals

SELF WORTH

63 Better Together

Why teaming up on your next challenge can boost your results

64 Personal Best

How sleep affects your relationship, tricks to sharpen your memory and more

70 Learning Curve

Can going bicoastal lead to true happiness? Marisa Meltzer puts the fantasy to the test.

74 SELF Made

A rising tech star on what it takes to get ahead

SELF INDULGE

105 The New Vegetarian

Delicious veggie-based dishes from three hot new cookbooks

105



IN EVERY ISSUE

8 Self.com

12 Editor's Letter

113 Get-It Guide

114 Why I...

ON THE COVER



Photographed by

Sebastian Kim in Vieques, Puerto Rico

Styling, Melissa Ventosa Martin; hair, Dennis Devoy at Art Department; makeup, Kristi Lee Matamoros at Kate Ryan.

CLOTHES Sports bra and bottom, Victoria's Secret Sport. Swimsuit, Victoria's Secret. Top and shorts, Carven. See Get-It Guide.

GET THE LOOK Clinique Sculptory Cheek Contouring Palette in Defining Nudes, \$32. Nexxus New York Salon Care Diametress Lavish Body Gel Spray, \$12



HYDRATION

the key to skin that glows from within

Introducing Neutrogena® Hydro Boost Water Gel.

Has your skin started to lose its get up and glow? Dehydration is a common culprit. Formulated with hyaluronic acid, new Hydro Boost is clinically proven to quench skin instantly and release continuous hydration all day. Skin is plump, deeply hydrated, and back to its glowing self.

- Lightweight gel texture
- Oil free

WHAT IS HYALURONIC ACID?

Hyaluronic acid (HA), naturally found in skin, is a powerful hydrator that holds up to 1,000 times its weight in water. It plays a critical role in keeping skin cells hydrated and "plumped," resulting in supple, youthful-looking skin. We lose Hyaluronic acid over time, but the added HA in Hydro Boost works to help keep skin hydrated and smooth, with a healthy-looking glow.

neutrogena.com/hydroboost

Neutrogena®

#1 Dermatologist Recommended Skincare

*stratum corneum layer
©Neutrogena Corp. 2015

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

DON'T TAKE OUR WORD FOR IT

take yours — try it for free
**smooth infusion™ naturally
straight styling creme**



5/5 stars*

"This product is AMAZING!...The time is cut in half and my hair looks naturally straight vs. the obvious straightened-with-a-hot-tool look... It has seriously changed my life!"

—STACEY R

"2 days of using this cream and I have not straightened my hair once. My straightener has now become a decoration in my bathroom. My hair is soft, smooth, and smells great."

—ALORENZ524

FREE SAMPLE

at a participating salon
or store.** Find yours at
aveda.com/naturallystraightad
or call 866.884.7723.

*Average consumer rating on aveda.com as of October 2014.
**One duo sample pack per customer, while supplies last.

GET READY FOR A BETTER-THAN-EVER

SELF.COM

COMING THIS MONTH!

With a fresh design and new stories every hour, our revamped home page will be easier to use and the content even more fun and clickable. Visit Self.com/go/newsletter to sign up for our daily newsletter so you can be one of the first to see our big reveal!



WE TONED
UP WITH
VS ANGEL
MARTHA
HUNT.



NEW FEATURES

Our Fit x Fashion blog is live! See our editors work out with the industry's hottest faces; then shop our fashion team's studio-to-street picks.



INSPIRING PHOTOS

Click through thousands of gorgeous #Fitspo pics, beauty images, travel shots and more, then Pin and share away!



STAFF PICKS

Get the inside scoop on what our editors are loving at Self.com. They'll post their favorite stories from the site—it's your cheat sheet on what to read first!



EXCLUSIVE VIDEOS

Go behind the scenes at our cover shoots, work out with top trainers and follow healthy recipe how-tos on your phone, tablet or computer—anywhere!

SELF

GET MORE WITH SELF PLUS!

Download the SELF Plus app from the App Store or Google Play. Launch it and hover over any page with our icon (left) to unlock additional content, such as trainers' favorite workouts and video extras.

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

FORGET EVERYTHING YOU KNOW ABOUT STRAIGHTENING HAIR

smooth infusion™ naturally straight styling creme



It's amazing how **naturally straight** changes your hair over time. The more you use it, the straighter your hair becomes. Plant-derived fibers help lock your hair straight, day after day*—and unlock when you want your curls back, after just a few washes. You now have complete control—for your curly hair type and texture. Don't take our word for it—take yours. Try it for FREE!

FREE SAMPLE at a participating salon or store.** Find yours at aveda.com/naturallystraightad or call 866.884.7723.

*After 5 consecutive applications of naturally straight, hair will stay straight for up to 3 washes.

**One duo sample pack per customer, while supplies last.

SELF

Joyce Chang
Editor-in-Chief

Barbara Reyes
Creative Director

Erin Hobday
Managing Editor

Melissa Ventosa Martin
Fashion Director

Maureen Dempsey
Site Director

Suzanne D'Amato
Executive Editor

Alex Postman
Deputy Editor

Elaine D'Farley
Beauty Director

Rebecca Sinn
Entertainment & Bookings Director

Fashion

Market & Accessories Director **Dania Ortiz**
Senior Fashion Editor **Lindsey Frugier**
Associate Market Editors **Sara Holzman, Kristina Rutkowski**
Associate Accessories Editor **Samantha Greenspan**
Associate Bookings Editor **Onell Ednacot**
Accessories Assistant **Andrea Zendejas**
Fashion Assistant **Alexandra Gurvitch**

Beauty

Senior Beauty Editor **Kari Molvar**
Associate Beauty Editor **Katheryn Erickson**

Features

Fitness Director **Liz Plosser**
Lifestyle Director **Tatiana Boncompagni**
Editor at Large **Erin Bried**
Senior Editor **Devin Tomb**
Associate Editor **Sara Gaynes Levy**
Editorial Assistants **Madeline Buxton, Kristin Canning, Meg Lappe, Elyse Roth**
Assistant to the Editor-in-Chief **Alexandra Engler**

Art

Art Director **Kirsten Hilgendorf**
Deputy Art Director **Becky Eaton**
Associate Art Director **Jessica Sokol Monaco**
Senior Designer **Tova Diamond**
Art Assistant **Katelyn Baker**

Photography

Photo Director **Mariel Osborn**
Senior Photo Editor **Michele Ervin**
Photo Editor **Emily Rosser**
Assistant Photo Editor **Arielle Lhotan**
Photo Assistant **Madeleine Boardman**

Production

Production Director **Sue Swenson**
Art Production Manager **Diane Williams**
Edit Production Manager **Kelley Erickson**

Research

Research Director **Patricia J. Singer**
Reporter-Researchers **Sabrina Bachai, Margaret Hargrove**

Copy

Copy and Digital Editions Director **Michael Casey**
Copy Editor **Lawrence Levi**

Digital

Senior Online Editor **Rachel Jacoby Zoldan**
Senior Online Producer **Cheryl Carlin**
Social Media Manager **Clara Artschwager**
Online Fashion & Beauty Editor **Randy Miller**
Online Fitness & Wellness Editor **Bari Lieberman**
Business Managers **Sarah Esgro, Kimberly Testa**
West Coast Editor **Tessa Benson Tooley**

Contributing Editor
Jessica Alba

Contributing Experts
Stephanie Clarke, R.D., Willow Jarosh, R.D.,
Marianne Battistone

Anna Wintour
Artistic Director



FOUNDER OF THE PINK RIBBON

Published at 1 World Trade Center, New York, NY 10007

Subscription inquiries: subscriptions@self.com, or call 800-274-6111, or log on to Self.com

Mary Murcko

Vice President & Publisher

Associate Publisher, Advertising **Amy Oelkers**

Associate Publisher, Marketing & Creative Services **Eric L. Johnson**

Director of Finance **Glenn Spoto**

Executive Director, Creative Services **Esther Raphael**

Advertising Sales

Executive Director, Sales Development **Shelly Rapoport**
Director, Tech, Finance & Southeast **Kimberly Buonassisi**
Executive Beauty Directors **Lori Cohn, Tammy Cohen**
Account Manager **Caroline Palmisano**
Business Director **Erin Rand**
Assistant to the Publisher **Valerie Stout**
Business Coordinator **Beth Goldberg**

LOS ANGELES Director **Dawn Shapiro**
6300 Wilshire Blvd., Los Angeles, CA 90048; 323-965-3754

NORTHWEST Director **Lexie McCarthy**
50 Francisco St., 4th Floor, San Francisco, CA 94133; 415-955-8240

MIDWEST Manager **Hillary Kribben**
875 N. Michigan Ave., Chicago, IL 60611; 312-649-3500

DETROIT National Automotive Director **Anne Green**
2600 W. Big Beaver Rd., Suite 450, Troy, MI 48064; 248-458-7955

TEXAS **Lewis Stafford Company**
5000 Quorum Dr., Suite 545, Dallas, TX 75240; 972-960-2889

Digital Sales Planner **Nikki Korch**

Creative Services

Creative Director **Lisa B. Kim**
Integrated Marketing Director **Jessica Greenhalgh**
Marketing Insights Director **Vanessa Muro**
Associate Promotion Director **Jennifer Ma**
Senior Managers, Integrated Marketing **Lynelle Jones, Michela Aramini**
Senior Manager, Special Projects **Caitlin Leonard**
Integrated Marketing Managers **Erica Ferraro, Tim O'Keefe**
Marketing Insights Manager **Nicole Lilienthal**
Marketing Coordinator **Mallory Torretta**

Advertising Sales Assistants

Chelsea Braden, Allison Goldstein, Kayla Billings, Sylvia Rzepniewski, Susie Stoklosa, Samantha Timmerman

Published by Condé Nast

Chairman

S. I. Newhouse, Jr.

Chief Executive Officer

Charles H. Townsend

President

Robert A. Sauerberg, Jr.

Chief Financial Officer

David E. Geithner

Chief Marketing Officer &

Edward J. Menicheschi

President-Condé Nast Media Group

Jill Bright

Chief Administrative Officer

Fred Santarpia

Chief Digital Officer

EVP-Human Resources

JoAnn Murray

Managing Director-Real Estate

Robert Bennis

SVP-Operations & Strategic Sourcing

David Orlin

SVP-Corporate Controller

David B. Chemidlin

SVP-Financial Planning & Analysis

Suzanne Reinhardt

SVP-Digital Technology

Patricia Röckenwagner

Nick Rockwell

SVP-Corporate Communications

VP-Technology Operations

Gena Kelly

VP-Strategic Sourcing

VP-Digital Product Development

Tony Turner

VP-Corporate Communications

Nicole Zussman

Joseph Libonati

VP-Marketing Analytics

Condé Nast Media Group

SVP-Corporate Sales Strategy

Josh Stinchcomb

SVP-Digital Sales, CN & Chief Revenue Officer, CNE

Lisa Valentino

VP-Insights & Brand Strategy

Daniella Wells

VP-Marketing Solutions

Padraig Connolly

VP-Finance

Judy Safir

Condé Nast Consumer Marketing

Executive Vice President

Monica Ray

VP-Consumer Marketing

Gary Foodim

VP-Planning & Operations

Matthew Hoffmeyer

VP-Consumer Marketing Promotion

Gina Simmons

Executive Director-Consumer Marketing

Heather Hamilton

VP-Consumer Marketing

John Kuhawik

Condé Nast Entertainment

President

Dawn Ostroff

EVP-Chief Operating Officer

Sahar Elhabashi

EVP-Programming &

Content Strategy-Digital Channels

Michael Klein

EVP-Alternative TV

SVP-Business Development & Strategy

Joe LaBracio

Whitney Howard

VP-Digital Video Operations

Larry Baach

VP-Revenue Operations

Jason Baird

VP-Production

Jed Weintrob

VP-Branded Content & Sales Marketing

Anissa E. Frey

VP-Head of Digital Business Affairs

Natalie Margulies

"IS NOT A KISS THE VERY
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

© 2015 Revlon
**ROMANCE
IS ON**

NEW REVLON ULTRA HD™
LIPSTICK

Revolutionary **wax-free gel technology**
for **true color clarity** in one smooth swipe.
20 high-definition shades to love.

Traditional Lipstick

VS.

NEW Revlon
Ultra HD™ Lipstick

EMMA STONE WEARS HD GLADIOLUS.

REVLON
LOVE IS ON™



EDITOR'S LETTER

THE GAME CHANGERS ISSUE

Being on time is the chicest entrance ever, in my opinion. Even better if you've walked to your destination, unrushed and confident where you're going. *Still* better if you've been able to respond to messages and calls along the way. And when you arrive, you tell your friends your multitasking secret: your Apple Watch. Sound good? Well, welcome to the new normal.

The Apple Watch is a total game changer. But it's only one of the transformative products and ideas we've rounded up for you this month. Our goal is to help you up your level of play in the game of life. Whether you're thinking about going gluten-free (page 94), looking for a signature hairstyle (page 100), wanting a spring wardrobe update (page 27), gunning to crush your workouts (page 90) or simply trying to gain a moment of quiet in your busy day (page 24), we've got answers.

When you feel good and take care of yourself, you're better equipped to effect change around you. One of our missions is to support women in the male-dominated worlds of tech and health. Read about our ongoing partnership with the Clinton Foundation and its Women's Health Codeathons (page 64), then visit ClintonFoundation.org to find out about its No Ceilings project, designed to help women around the world.

You've seen dramatic changes to the magazine over the past months, and I've loved hearing your feedback. Our next big step is launching the new Self.com home page later this month. Follow @SELFmagazine on Twitter and Instagram and visit us online for updates. I'm dying to hear what you think!

Joyce Chang
Editor-in-chief
Email joyce@self.com
Twitter @joycemarg
Instagram @joycemarg

Changing it up...

I'm trying a few new things to mix up my look and routine for spring:



STATEMENT EARRINGS

I wear the same pair every day, but these inspire me to be bolder. For more styles, go to page 32.

Aurélië Bidermann, \$375; Barneys.com

APPLE WATCH

I'm psyched to consolidate all my health apps in one place—and to have on-my-wrist Internet.

Starting at \$349; Apple.com



BRIGHT LIPSTICK

I own 50 shades of nude. It's time to punch up my lipstick collection!

Tom Ford Lip Color Matte in Ruby Rush, \$50; Nordstrom.com



SALAD ALTERNATIVES

Truth: Sometimes I get tired of eating my greens. These new veggie cookbooks give me fresh ideas for breakfast, lunch and dinner. See page 105.



STEWART SHINING, STILL LIVES, FROM TOP: COURTESY OF BARNEYS.COM, COURTESY OF APPLE, LUCAS VISSER, STYLING, RENATE LINDLAR, STUART TYSON.

URBAN DECAY

GO FEARLESSLY NAKED

GET WEIGHTLESS, BUILDABLE COVERAGE WITH A LUMINOUS, DEMI-MATTE FINISH. EVERY NAKED COMPLEXION PRODUCT BLURS FLAWS FOR BEAUTIFULLY PERFECTED, ULTRA DEFINITION SKIN THAT LOOKS COMPLETELY REAL. IT'S COVERAGE WITHOUT COMPROMISE.

AVAILABLE AT SEPHORA, ULTA, SELECT MACY'S STORES, NORDSTROM.COM, URBAN DECAY FASHION ISLAND AND URBANDECAY.COM

#TheNakedEffect





Look toward the sky.

Reach for it.

Reach out to others.

Find your strength in calm.

Feel your heart open.

Know anything is possible.

POWER TO THE SHE.



ATHLETA

VISIT A STORE NEAR YOU ATHLETA.COM

(SELF) STARTER

INTO THE WOODS

→ *Happy hour or happy trails? Why nature is the new social hot spot*
BY ALEXANDRA ENGLER

Don't call it a comeback; it's been happening for...well, ever. But recently, Americans have been seeking their thrills outside in nature—hiking, rock climbing, biking, etc.—in record numbers. We signed on for more than 12 billion outdoor excursions in 2013, according to the Outdoor Foundation, a 20 percent increase over the previous five years. And 58 percent of those nature trippers were young women, who cited social connection as a major draw. “Online meetups make it easy to find a group and a nearby trail,” says OF executive director Christine Fanning. Join the fun with one of the urban-adventure clubs on the next page. WOODS > 16

Photographed by EMBRY RUCKER

MARCH 2015 / SELF 15

Off you go!

Enter your ZIP code at Hiking .Meetup.com to see all the hiking-related groups in your area, or try one of these:

Adventure Club San Antonio

SAN ANTONIO

Great for singles looking to connect with other active people. Adventure Club's social events (museum tours, happy hours, concerts) make it easy to meet up again with people you click with on the group's hikes.

Capital Hiking Club

WASHINGTON, D.C.

The group takes weekly treks ranging from 5 to 12 miles, all within a two-hour charter bus ride of D.C. You can also sign up for moonlight hikes or ones that include winery visits and even battlefield tours.

NYC Hiking & Outdoor Adventure Group

NEW YORK CITY

Since each outing usually has fewer than 20 people, you won't feel lost in a crowd. In addition to hiking, members go zip lining and white-water rafting, and even do obstacle-course mud runs together.

Urban Diversion

SAN FRANCISCO

Although most clubs are run by volunteers, this one has a full-time staff that leads hikes in the surrounding Northern California hills and hosts barbecues and game nights at the group's clubhouse.

Urban Ecology Center

MILWAUKEE

Members of this community center go hiking, kayaking, biking, rock climbing and cross-country skiing in three of Milwaukee's parks. Plus, they can borrow sports equipment.

MAKE EXERCISE FEEL EASIER

Walkers who focused on a landmark in the distance reached it faster—and with less perceived effort—than those who looked around, reports a study from New York University. Runners can try this trick, too.

OR

PUSH FOR A PERSONAL BEST

Running coach Alan Culpepper shares track-star strategies in *Run Like a Champion* (VeloPress). One tip: During warm-up jogs, do high knees and butt kicks (30 per leg). Warm muscles perform better than cold ones.

RENT OUT YOUR BIKE

Get more than a great workout from your two-wheeler—make some money off it by listing it on SpinLister.com. The person-to-person bike-share program is now available nationwide and in more than 60 countries.

OR

RIDE IT TO WORK

Commuting via bike lowers work-related stress and improves concentration, compared with driving a car, according to a new *Preventive Medicine* study. One likely reason? Cyclists don't have to sit in traffic jams.

ACTIVE TO-DO LIST

Whether you're in the mood to do more or less, these ideas give you plenty of options.

HULA YOURSELF TRIM

Give a weighted hula hoop a whirl for a fun way to shrink your middle. Women cinched their waists more than an inch when they hula-hooped for up to 15 minutes five times a week, says a study from the University of Waterloo in Ontario.

OR

WORK YOUR ABS HARDER

Add a stability ball or TRX bands to increase the payoff of your plank, suggests a study in *The Journal of Strength and Conditioning Research*. Using these props requires more force and may amp up strength gains.



CLOCKWISE FROM TOP: ISTOCK/GETTY IMAGES; PETER YANG; STYLING, LINDSEY FRUGIER; HAIR, ELOISE CHEUNG; MAKEUP, JUNKO KIOKA FOR CHANEL; MODEL, KIMBERLY HARTWELL AT WILHELMINA; COURTESY OF RALEIGH BICYCLES.

Curél®



DERMATOLOGIST RECOMMENDED

**ULTRA
HEALING®**

INTENSIVE LOTION
FOR EXTRA-DRY, TIGHT SKIN

Helps heal and protect
extra-dry skin for instant
relief that lasts 24 hours

instantly
heal your
extra-dry
feel



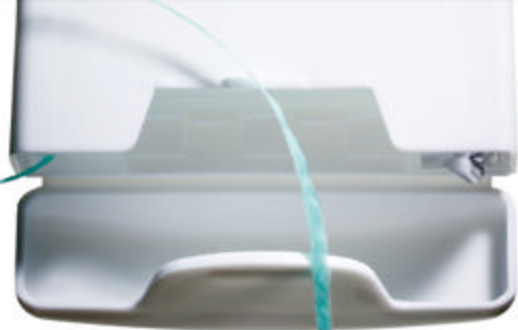
see the cure in **Curél®**

WHICH IS BETTER...



Under- or overdressing for an outdoor workout?

WEAR LESS. Your body temperature rises as you exercise, so you'll warm up. If you overdress, you'll be prone to overheating, says Janet Hamilton, C.S.C.S., clinical exercise physiologist and coach at Running Strong in Stockbridge, Georgia. Losing extra fluids through sweat could put you at risk for dehydration. Worse, the sweat could evaporate off your body, giving you a chill. A good guideline is to dress as if the temp is 20 degrees warmer; you should feel chilly when you walk outside. Also consider wearing a layer you can take off after the first mile.



FLOSSING BEFORE or AFTER you brush?

FLOSS FIRST. It loosens the food and plaque between teeth and under gums, so brushing can sweep them away, says Matthew Nejad, D.D.S., a dentist in private practice in Beverly Hills and faculty member at the University of Southern California Ostrow School of Dentistry. Any flossing is better than none (your toothbrush can't access the tight spaces between your teeth and in gums), but waiting until after brushing allows particles to settle back into the teeth. Getting rid of them is key to preventing cavities, bad breath and gum disease. The American Dental Association recommends flossing at least once per day. To remind yourself, stash floss by your toothbrush, where you'll see it.



WHICH IS WORSE... STAYING UP PAST MIDNIGHT or GETTING UP BEFORE DAWN to finish work?

A LATE BEDTIME CAN BACKFIRE. Unless you're a night owl who normally stays up until 2 A.M., burning the midnight oil will work against your circadian rhythms. Your body ramps up production of melatonin (i.e., the sleep hormone) around 9 P.M. Trying to resist drowsiness will leave you fuzzy-headed and distractible, explains Robert S. Rosenberg, D.O., a sleep medicine expert based in Prescott Valley, Arizona. Melatonin drops in the early morning, so while you may wake up tired, you'll soon feel sharper and able to focus.



CLOCKWISE FROM LEFT: JUSTIN STEELE; STYLING, LIDA MOORE MUSSO; HAIR AND MAKEUP, ALLISON BROOKE; MANICURE, TATYANA MOLOT AT ABTP; MODEL, ASHLEY STETTS AT WILHELMINA. LEVI BROWN/TRUNK ARCHIVE. GETTY IMAGES. SEE GET IT GUIDE.





REVEAL LAYERS OF LASHES FOR THE
SENSATIONAL
NEW FULL FAN
EFFECT.

NEW
LASH
sensational[™]
FULL FAN EFFECT MASCARA

Our **UNIQUE FANNING BRUSH**
with **10 LAYERS OF BRISTLES**. Inner
bristles reach to reveal layers of lashes.
Outer bristles unfold. For a truly
sensational full fan effect.

SIMULATION OF PRODUCT
RESULTS ON LASHES ENHANCED
WITH LASH INSERTS.

MAYBELLINE.com

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.[®]
Christy is wearing New Lash Sensational[™] Full Fan Effect Mascara in Very Black. ©2015 Maybelline LLC.

NEW YORK

HEALTHY NOW

→ The latest trends and tips to live better this month

THE VERDICT

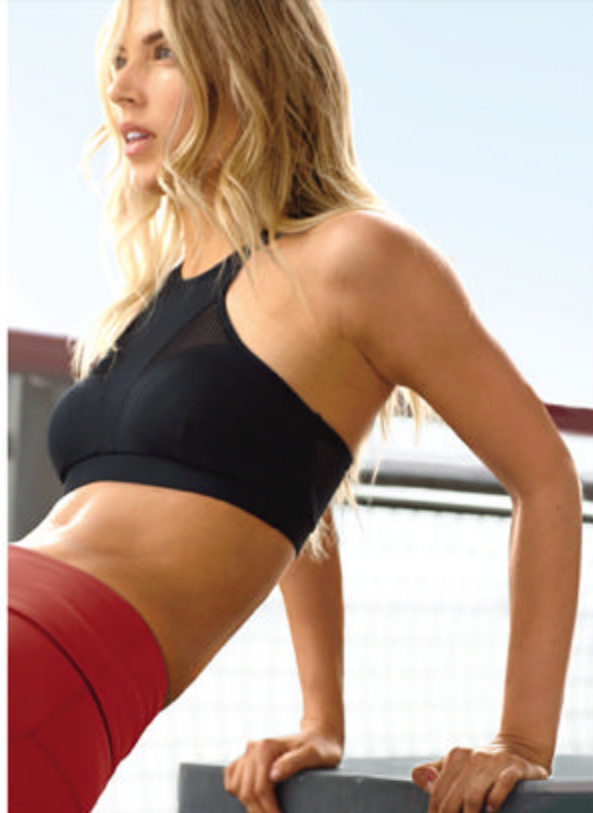
Should you soup?

Souping is the new juicing: Companies are concocting purees that supposedly detox with a meal's worth of nutrients. Soup does contain more beneficial fiber than juice, but some are "ultra-low in calories," says Laura Cipullo, R.D., which can slow down your metabolism. Bottom line: Soup isn't a meal unless it contains a mix of carbs, protein and fat, so eat yours with fish, grains and (more) veggies.

48

PERCENTAGE OF TOP COLLEGES WITH INDOOR-TANNING FACILITIES EITHER ON CAMPUS OR IN OFF-CAMPUS HOUSING (DESPITE UV RADIATION'S PROVEN LINK TO SKIN CANCER—ESPECIALLY IN TEENS AND YOUNG ADULTS)

SOURCE: JAMA DERMATOLOGY



Natural energy boosts

Energy drinks can cause insomnia and anxiety, a new study reveals, so try these caffeine-free uppers.

- 1 **MINT GUM** Research shows that the scent of peppermint can decrease fatigue, "and the strong mint flavor can boost alertness," says Michael Joyner, M.D., an exercise researcher at the Mayo Clinic.
- 2 **CONTROLLED BREATHING** Tuning in to your breath and establishing a steady rhythm helps you feel more focused and ready to go, Dr. Joyner says. (Bonus: It may also lower your perception of effort.)
- 3 **PLAIN WATER** Drinking cold water before you work out can stimulate the nervous system, Dr. Joyner says.

FEEL BETTER FASTER

More than 80 percent of us reach for over-the-counter painkillers when we need relief, according to a Mintel market-research report. Here's how to match your medication to your needs.

WHAT HURTS?
EACH PILL
HELPS
A DIFFERENT
PAIN.

	ACETAMINOPHEN (E.G., TYLENOL)	IBUPROFEN (E.G., ADVIL)	NAPROXEN (E.G., ALEVE)	ASPIRIN (E.G., BAYER)
WHAT IT IS	An analgesic—aka pain reliever—and fever reducer that blocks pain signals and cools down the body	A nonsteroidal anti-inflammatory drug (NSAID) that inhibits hormonelike substances	A longer-lasting NSAID (you take one every 12 hours, versus one ibuprofen every 4 to 6 hours)	A blood thinner that works similarly to ibuprofen and naproxen to relieve inflammation
WHAT IT HELPS	Cold and flu symptoms, pain (e.g., sprains), headache. Often mixed with caffeine and aspirin in migraine meds.	Muscle or dental pain, exercise injuries, body and ear aches, period cramps especially	Same as ibuprofen, but it affects your body differently; try both to see which works best for you.	Toothache, sore throat, headaches (may be as effective as Rx migraine meds). Skip for muscle pain.
TAKE NOTE	It's sometimes found in OTC cold meds, so check before you accidentally double up.	Frequent use for more than 10 days is tied to GI bleeding and kidney damage.	Excessive long-term use of naproxen may in rare cases up your risk for stroke.	Like other NSAIDs, aspirin can irritate the stomach.

SOURCES: CHARLES ARGOFF, M.D. AMERICAN ACADEMY OF PAIN MEDICINE. REBECCA BRITTON, PHARM.D. OREGON HEALTH & SCIENCE UNIVERSITY, PORTLAND. JESSICA FROST, M.D. AMERICAN ACADEMY OF FAMILY PHYSICIANS.

CLOCKWISE FROM TOP RIGHT: JUSTIN STEELE; STYLING, LINDSEY FRUGIER; HAIR, STACI CHILD FOR CUTLER FOR REDKEN; MAKEUP, ALEXA RODULFO USING CHANEL LES BEIGES; MANICURE, RACHEL SHIM AT ABTP.COM; MODEL, COURTNEY SCHREIBER AT SILVER MODELS; ZACH DESART; PROP STYLING, JAMIE KIMM. ZACH DESART; FOOD STYLING, CHRIS LANIER AT APOSTROPHE; PROP STYLING, ALMA MELENDEZ. SEE GET-IT GUIDE.

EYE STUDIO®
GET EXPERT TIPS AT MAYBELLINE.COM



*"Blend multiple shades
for a rich finish."*

YADIM

YADIM
GLOBAL MAKEUP ARTIST

OUR 1ST LIQUIFIED POWDER:
**NOW SHADOW
MELTS TO A
MOLTEN LUSTER.**

NEW
COLOR MOLTEN™ DUO

THE HOW

Our micro-pigment gel
formula melts with a liquid touch.

THE WOW

Dimensional color gleams with
a new molten sheen.

Komp is wearing New Eye Studio™ Color Molten™ Eye Shadow in Rose Haze.

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.
©2015 Maybelline LLC.

NEW YORK

SELF APPROVED

BEST RUNNING TRAILS

→ *There's a time and a place for treadmills. But with gorgeous trails like these, it's no contest between hitting the gym and heading for the great outdoors.* BY JAYME MOYE



Coot Lake

BOULDER, COLORADO

An established runners' mecca in the foothills of the Rocky Mountains, Boulder serves up trails favored by elite athletes, such as three-time Ironman world champion Mirinda Carfrae. But not every trail dares you to tackle steep elevation changes with hill sprints. The Coot Lake Loop (pictured above)—a wide, flat 1.2-mile path circling a small lake—draws a more laid-back crowd (plus their dogs). Link up with paths leading to the Boulder Reservoir for higher mileage and more views of the Flatirons.

area on Black Balsam Road to the summit of Cold Mountain (made famous by Charles Frazier's novel and subsequent blockbuster film). Here you'll find Black Balsam Knob, a treeless mountaintop with vistas of thick forests and grassy knolls. Ample connector trails enable loops of any distance.

Appalachian Trail

DAMASCUS, VIRGINIA

There will never be consensus on the best section of the Appalachian Trail to run, with its 2,000-plus miles of trail spanning 14 states. But the stretch through the Mount Rogers National Recreation Area in southwestern Virginia at least deserves a spot on the podium. Here, the AT flows across the "balds"—treeless

peaks in the high country affording 180-degree views—over rocky outcroppings not typically seen outside the West. It goes through pastures populated by roaming herds of wild ponies and just under the nose of Mount Rogers, the highest peak in Virginia. Bonus: In late spring and early summer, you're surrounded by purple rhododendrons and fuchsia azaleas in full bloom.

Art Loeb Trail

BREVARD, NORTH CAROLINA

Nearly all 30 miles of the Art Loeb Trail through the Pisgah National Forest follow a ridgeline, which means Appalachian Mountain views galore. The U.S. Forest Service divides the trail into four manageable sections, each accessible by car. Section 3 is the most popular—from the parking

Finger Lakes National Forest

HECTOR, NEW YORK

Located on a ridge between Seneca and Cayuga lakes, the Finger Lakes National Forest serves up more than 30 miles of interconnected trails through woodlands, berry patches and pastures (hello, free-range cattle). Runners of all levels can enjoy these routes, and a few of the eight trails are also open to mountain bikers, horses or both, so it's best to run sans earbuds and enjoy the sounds of nature.

Speaking of which, more than 160 different species of birds have been sighted here, and they're especially vocal during the spring and summer breeding seasons.

John Muir Wilderness
BISHOP, CALIFORNIA

The rugged, remote trails high among the Sierra Nevada Mountains in California's John Muir Wilderness will tax your lungs and legs, but they're worth the effort. The pale granite of Sierra peaks against azure sky looks like a postcard snapshot. Keep things simple and take off from Bishop, a mountain hamlet tucked into the eastern edge of the Sierras at 4,100 feet, where you can run from the edge of town into the mountains without ever touching pavement. Or drive up to South Lake for a head start on elevation (the parking lot sits at 9,800 feet).

Kalalau Trail
KAUAI, HAWAII

The 11-mile Kalalau Trail—one of the most dramatic coastal paths you can find—traverses the 3,000-foot *napali*, or cliffs, that line Kauai's north shore.

Think nonstop ocean views, tropical jungles, beaches, fruit-tree-filled valleys and the unique geology of the Napali Coast, which folds in and out like an accordion. The trail begins at Ke'e Beach, where the Kuhio Highway ends, and provides the only land access to this remote section of the island. Beginners can do the first 2 miles to Hanakapi'ai Beach as an out-and-back, while the ultra-fit can run the 11 miles to Kalalau Beach at the end of the trail. (If you're going more than 6 miles, get a day permit at Kalalau Trail.com.)

Poison Spider Mesa
MOAB, UTAH

Best known as a mountain biking destination, Moab's Navajo Sandstone "slickrock" trails and jaw-droppingly gorgeous red-rock desert scenery are just as accessible for trail running. Poison Spider Mesa (pictured below) offers a particularly scenic 13-mile loop on a rim overlooking Moab and the La Sal Mountains. Despite its name, don't worry about seeing spiders on this trail—instead, focus on sidestepping the occasional rock as you

make your way up and down the undulating paths.

Tahoe Rim Trail
INCLINE VILLAGE, NEVADA

The 165-mile Tahoe Rim Trail circumnavigates Lake Tahoe, which straddles the California-Nevada border among 10,000-foot peaks. The largest alpine lake in North America, jewel-like Tahoe sits at 6,225 feet, its forested trail divided into eight segments, ranging from the 1.2-mile Tahoe Meadows trail—which includes signage about the wildlife for the flora- and fauna-obsessed—to the 32.7-mile stretch between Echo Lake and Barker Pass. The 23 miles between the Mount Rose Summit and the Spooner Summit deliver the most magnificent views and include the lung-screaming trail high point of 10,338 feet.

Torrey Pines State Natural Reserve Trails
SAN DIEGO

In between La Jolla and Del Mar lies one of the wildest remaining stretches of land along the California coast—Torrey Pines State Natural Reserve. Within its

2,000 acres, you'll find pine trees, sea cliffs, golden sand beaches and a well-maintained 8-mile trail system on the bluffs overlooking the Pacific. Part of the fun is linking up the trails that fan out from the Visitor's Center to design a run that matches your ability. Don't miss the Guy Fleming Trail, a relatively flat 0.7-mile loop that includes a little bit of everything, scenery-wise, including great bottlenose dolphin viewing.

Wildwood Trail
PORTLAND, OREGON

Portland's Forest Park is the largest urban forested park in the United States, its trees blanketing the eastern slope of the Tualatin Mountains. Of the 80-plus miles of trails, the 30-mile Wildwood Trail feels most like a fairyland, with its flora, Douglas firs, waterfalls and the Stone House—a hobbitesque structure that was built in the 1930s. Access the trail at Hoyt Arboretum and be ready for a gradual ascent to Pittock Mansion, a 1914 architectural masterpiece built on an overlook. Take in the views of downtown Portland and Mount Hood, then run back down—the perfect 5-mile escape.

Wolf Road Woods
PALOS, ILLINOIS

Located 30 minutes west of Chicago, the runners' haven known as the Palos Trail System consists of more than 50 miles of forested paths that wind around a dozen lakes and ponds. The hilly terrain lures Chicagoans—who call the area "Palos"—seeking an alternative to their pancake-flat waterfront path. The 3-mile loop at Wolf Road Woods is ideal for runners looking to acclimate to the rolling, narrow singletrack-style paths. ●

IN MOAB, YOU CAN RUN
PAST BURNT-ORANGE
ROCK FORMATIONS
UNDER CRISP BLUE SKY.





I'LL BE HONEST...

➔ New contributing editor **Jessica Alba**—actress, mom and entrepreneur—talks about what's inspiring her most.

As founder of The Honest Company, I'm always on the lookout for creative people with fresh ideas that make me think harder and live healthier. I don't have to look far—these recent finds represent what I'm loving right now.



FARM-TO-TABLE FAVE

Chef Roy Choi (of Kogi food-truck fame) opened Commissary at The Line Hotel in Los Angeles, where his irreverence with fruit, veggies and comfort food offers a modern take on his Korean heritage. The lush green space and “choose your own adventure” menu make it an experience.

EatAtPot.com



GENIUS PRODUCT

Aesthetician Shani Darden, a fellow working mom and businesswoman, knows that long days show up on your skin first. Her facials are like therapy. Luckily, she's bottled her magic in Resurface Retinol Reform—truly the only product that's ever made my skin smoother and brighter.

[\\$95, ShaniDarden.com](http://$95,ShaniDarden.com)



KICK-ASS CLASS

Krav Maga makes me feel like an action hero. The close-combat Israeli martial art (mixing judo, aikido, Muay Thai and more) is great for filming fight sequences. Working out with my man Michael Margolin of Krav Maga Worldwide, I've learned to love throwing elbows.

KravMaga.com

HOT IN HOLLYWOOD

Q/A

SUZE YALOF SCHWARTZ

The founder of the Unplug Meditation studio tells us how she gets L.A.'s busiest to sit still and unwind.

What inspired you to start Unplug Meditation?

A/I was looking to get into meditating myself, and all the introductory classes were six-week intensives or horribly expensive. I thought, Where's the Drybar of meditation?

What keeps your fans coming back?

A/We've deleted all the fluffiness of meditation—our classes, like Unplug Happy and Unplug Clarity, get right to the core of the practice. We make it easy and minimalistic, with lunchtime quickies that are only 30 minutes long.

What are the benefits of a meditation practice?

A/There's so much evidence that meditation calms you down and helps you focus. Working on your mind is just as important as working on your body. Some of my students have emotional epiphanies; others make peace with things that have plagued them. I had a runner who was losing interest in the sport but found it again after starting meditation. Everyone can learn from checking in with her thoughts.

UNPLUG AT HOME

Visit Self.com/go/unplug for a meditation led by Yalof Schwartz.

➔ Want more Alba honesty? Visit Self.com/go/jessica to read her new column.

GO BEYOND UTILITY

THE FIRST-EVER LEXUS NX TURBO

Any SUV can tackle your to-do list. But with its bold styling, 2.0-liter turbocharged engine, available Remote Touchpad and Qi¹ wireless device-charging tray, the NX also completes your wish list. Introducing the first-ever Lexus NX Turbo, NX Turbo F SPORT and NX Hybrid. Once you go beyond utility, there's no going back.

lexus.com/NX | #LexusNX



VOLUMINOUS BUTTERFLY INTENZA™

Bianca Balti

LASH IMAGES ARE SIMULATIONS OF ACTUAL PRODUCT RESULTS.

**CATCH THE BUTTERFLY INTENZA EFFECT
BOLDER, MORE INTENSE, ULTRA FANNED OUT.**

A DOUBLE WING BRUSH MAKES THE DIFFERENCE, DELIVERING INTENSE VOLUME
AS IT STRETCHES LASHES OUTWARD. EXTREME IMPACT. INFINITELY EXTRAVAGANT.
BECAUSE YOU'RE WORTH IT.™

NEW



L'ORÉAL™
MAKEUP DESIGNER/PARIS

TRY ON ENDLESS LOOKS INSTANTLY
DOWNLOAD THE MAKEUP GENIUS APP.

©2015 L'Oréal USA, Inc.

(SELF)

IMAGE

STARTING LINEUP

➔ *Referee-inspired black-and-white stripes are a smart call for spring.*

BY SARA GAYNES LEVY

Bold stripes have jumped off the sidelines and into the fashion forefront. At Givenchy, Cushnie et Ochs and Band of Outsiders, designers played with the size and direction of lines, creating a new wave of referee chic. To channel the mixed-print feel, try narrow vertical lines on a slim button-down for a sleek silhouette, then add an asymmetrical pencil skirt with off-kilter stripes for a look that reads modern (and figure-flattering). A coordinating belt lends polish, while a simple black bag keeps the look in line. Now you're ready to call the shots—Chanel whistle, optional.

BODYSUIT \$1,250, and **SKIRT** \$1,150, Altuzarra; Bergdorf Goodman, 800-558-1855
NECKLACE \$1,875, Chanel; 800-550-0005
BELT \$255, and **BAG** \$525; Iceberg.com

Photographed by BRIAN HIGBEE
Styled by LINDSEY FRUGIER

UP & OUT

➔ NYC-based fitness-fashion designer **Marguerite Wade** on how she gets going

BY SARA GAYNES LEVY

MY INSPO BOARD

"Strong, beautiful women inspire me."



MY GEAR

"I like the weight and feel of my Babolat racquet."

RACQUET Pure Control, \$179; Babolat.com for stores

"Seeing what people on the street are wearing always gives me design ideas."



MY LINE

"This bra top is my favorite—for the gym or dancing."

SPORTS BRA Full Court, \$125; Opening Ceremony.us

MY JEWELRY

"Right now it's simple silver bracelets."

BANGLES (top and bottom), \$525 for five; WBritt.com; (center) \$95; AlexisBittar.com

"Some days I jump out of bed and make a smoothie," says designer Marguerite Wade. "Others, the SNOOZE button is my friend!" Her best mornings involve hitting the tennis court—for exercise and to spark creativity. "Tennis clears my mind and gets my heart pumping," she says. Wade then goes from making serves to taking meetings in less than 20 minutes. "My beauty routine is minimalist. I'm lucky to have inherited my mother's good skin," she says. Her wardrobe of easy tees and denim also speeds things along. "With my schedule, I have to be ready for anything," she says, "so I stick to pieces that make me feel good."

MY ROUTINE

"I prefer products with natural ingredients."

SHAMPOO AND HAIR CREAM Carol's Daughter, \$18 and \$12 **BODY WASH AND FACE WASH** Aesop, \$25 and \$37



MY STATEMENT

"Bright lipstick—it's instant glam."

LIPSTICK Clinique Lip Colour in Red-y To Wear, \$16



MY KICKS

"I'm a sneaker fanatic."

SNEAKERS Under Armour, \$100; UA.com

5 things that get her up and out

1/ A PREPPED TO-DO LIST

"Writing mine out the night before helps me organize. I get up with a sense of purpose."

2/ A DECAF COFFEE

"If I have a stressful day, I'll avoid caffeine. I've found it makes me feel more anxious."

3/ A MOMENT ALONE

"My days are crazy, so it's nice to have a little quiet and time to myself in the mornings."

4/ A QUICK NEWS HIT

"I turn the TV on for a few minutes so I can go to meetings already up on the day's headlines."

5/ A GLASS OF JUICE

"I like having a few sips of cranberry-pomegranate juice to get some antioxidants first thing."





Real beauty starts with award-winning care



Dove White Beauty Bar
Dove Deep Moisture
Body Wash



Dove Advanced Care
Deodorant



Dove Oxygen Moisture
Shampoo

THE ROUNDUP

FINE LINES

→ *Racing stripes take a chic turn on these colorful pieces—just one will rev up your wardrobe.*



1. TANK \$49; JonesNewYork.com 2. BAG GX by Gwen Stefani, \$60; Amazon.com 3. SANDALS DKNY, \$150; 800-231-0884 4. BAG \$745; Longchamp.com 5. BAG Burberry Prorsum, \$2,795; Burberry.com 6. PANTS \$300; Iceberg.com 7. SKIRT \$225; CynthiaRowley.com 8. TOP Dsquared2, \$1,890; Saks Fifth Avenue 9. BAG Emporio Armani, \$845; Armani.com for stores 10. HEELS \$395; ToryBurch.com 11. CLUTCH Antonio Marras, \$1,023; NonostanteMarras.it

PROP STYLING: CHARLIE WELCH AT JED ROOT.

Photographed by GREG BROOM

CONSIDER YOUR FOLLICLES

STIMULATED!

RISE UP AGAINST THINNING HAIR

Some products temporarily coat thinning hair. Women's ROGAINE® Foam gets to the root of the problem. Reactivating inactive follicles from the inside out. Apply once a day to regrow thicker, fuller, beautiful hair.



WOMEN'S
Rogaine®
more is beautiful.™



Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

© 2015 MMEI, INC.

(SELF) IMAGE



Colorful enamel plus sleek lines feels chic and unexpected.
FROM LEFT Uribe, \$360; Boutique .StudioUribe.co.uk. \$48; VinceCamuto.com



SELF Shop every single item on this page when you hover over the image with the SELF Plus app. Details, page 8.

High-contrast colors and shapes make for a mod pop-art pairing.
FROM LEFT & Other Stories, \$29; Stories .com. Marion Vidal, \$240; ValeryDemure.com

THE FIND

STATEMENT EARRINGS

➔ Graphic, mismatched and totally modern—try them on one lobe or two.



These open-frame styles offer a cool geometry lesson.
FROM LEFT \$58; Vince Camuto.com. Michelle Campbell, \$112; CampbellCollections.com



Blue accents marry these tribal-inspired designs.
FROM LEFT \$480; Hannah MartinLondon.com. \$250; ToryBurch.com

Photographed by TAEA THALE
 Styled by DANIA ORTIZ

INTIMACY IS ON

NEW REVLON PHOTOREADY AIRBRUSH EFFECT™ MAKEUP

Revolutionary formula with light-filtering technology delivers a **poreless, airbrushed look**. Soft-focus pigments create a luminous finish. Your skin has never looked so flawless.

HALLE BERRY WEARS CARAMEL.

"INTIMACY CREATES
UNDERSTANDING...
AND UNDERSTANDING
CREATES LOVE."

ANALIS NIN, AUTHOR



REVLON

LOVE IS ON™

BEAUTY BUZZ

➔ *Beauty director Elaine D'Farley shares her favorite finds.*



GAME CHANGERS

EARTH TU FACE

WHO Marina Storm and Sarah Buscho, herbalists turned beauty entrepreneurs from the San Francisco Bay Area

WHY The duo's 100-percent-natural skin-care line is based on herbal medicines and eco-conscious principles. "Three flowers we use a lot—calendula, heritage rose and lavender—come from our own garden," Buscho says.

Earth Tu Face Face Serum, \$62, and Face Wash, \$48



Soap stars

Fresh makes some of the prettiest soaps in the business, and they just got even better: The company has partnered with astrology guru Susan Miller, who has created mini-horoscopes for all 12 zodiac signs, each written to accompany the specially scented bars. Miller's tip for everyone this March: "With the first signs of spring, it's a moment for cleansing the mind, body and spirit. What better time to treat yourself to a gorgeous soap?"

Fresh Zodiac Oval Soaps, \$15 each

BEST NEW MASCARAS

Maybelline New York Lash Sensational Mascara, \$9

Three mascaras offer impressive fringe benefits: **1** Maybelline's latest (right) feathers rather than flattens lashes for "Are these really mine?" fullness. **2** Estée Lauder Little Black Primer (\$24) multitasks as a lash tint, primer and waterproof top coat. **3** Benefit Roller Lash (\$24) uses curved bristles to lift and curl lashes for truly eye-opening results.



CLOCKWISE FROM TOP: STUART TYSON; PROP STYLING, PAUL PETRY (2); COURTESY OF EARTH TU FACE; KASSIA MEADOR.

©2015 P&G

"I WANT
MOISTURE
THAT LASTS –
AND LASTS."

Ultra Moisture
Body Wash's rich
lather cleanses and
replenishes skin with
long-lasting moisture.

Olay leaves 100% more
moisturizers on skin than
the leading body wash, for
superior moisturization with
continued use. Your best
beautiful skin begins
in the shower.


Olay
body

YOUR BEST BEAUTIFUL™

OLAY LEAVES
**100% MORE
MOISTURIZERS**
ON SKIN

Your skin transformation begins on Olay.com

EASY DOES IT

➔ Why being undone is the most striking beauty statement of all right now

BY KATHERYN ERICKSON

Clean skin, full brows, unfussy hair: The trend everyone was talking about during spring fashion week had a certain cool-without-trying vibe—very French girl. From Isabel Marant to Louis Vuitton to Versus Versace, models were groomed to look like glowy, naturally gorgeous versions of themselves. “It’s effortless yet still polished,” says Pat McGrath, creative design director at P&G, of Versus Versace, where she highlighted skin with neutral pink tones and enhanced eyes with taupe. To get the hair to match, Guido Palau, global creative director at Redken, suggests blow-drying top layers smooth, leaving ends undone and finishing with serum for low-key shine.

The toolkit

CREAMY BLUSH

Pat a gold-flecked formula on cheeks and blend for a diffused glow.

Charlotte Tilbury Beach Sticks Lip-to-Cheek Colour in Moon Beach, \$45

NEUTRAL SHADOW

Sweep a warm brown shade over lids for a slightly smoldering effect.

Aveda Petal Essence Eye Color in Rose Gold, \$14

SERUM HAIR OIL

Work a light oil through tips to get a touch of gloss.

Dove Pure Care Dry Oil Nourishing Treatment, \$13

TINTED LIP BALM

Dab a pinky tone in the center of lips for a hint of color that won’t overpower your look.

Clarins Instant Light Lip Balm Perfector in 01 Rose, \$23

Photographed by SIMON BURSTALL



PANTENE

2x
**STRONGER
HAIR***

Use new Pantene Conditioner
for hair that's 2x stronger
than shampooing alone.

*strength against damage: Pantene shampoo + conditioner system
vs. the shampoo alone. ©2015 P&G



PETAL PUSHERS

➔ This season, feminine floral scents are everywhere—but they come with a twist.

BY KATHERYN ERICKSON

Spring is here (finally!), and with it comes the return of fresh, romantic fragrances. These new florals will sweep you off your feet with modern, unexpected notes. Francis Kurkdjian's latest scent is the opposite of those stuffy rose perfumes of the past: It balances the bloom with pale woods for a subtle effect that feels "like a veil on the skin," he says. Meanwhile, Aerin Rose de Grasse captures the scent of dew on rose petals and is light enough to wear every day. Sonia Kashuk White Etheriana ups your energy with zesty mimosa, while the sensual bouquet of Ferragamo Emozione is date-night-approved. And for Saturday brunch, Chloé Love Story cuts the sweetness of orange flowers with masculine petitgrain—for just a hint of boyish charm.

FROM TOP: SONIA KASHUK White Etheriana eau de toilette, \$20 MAISON FRANCIS KURKDJIAN PARIS À la rose eau de parfum, \$245 SALVATORE FERRAGAMO Emozione eau de parfum, \$95 AERIN Rose de Grasse parfum, \$185 CHLOÉ Love Story eau de parfum, \$105

SELF

Shop every single item on this page when you hover over the image with the SELF Plus app. Details, page 8.

PROP STYLING, MIAKO KATOHI.

Photographed by JEFFREY WESTBROOK



OUR FIRST
BODY SERUM
TO REVERSE
DRY SKIN
DAMAGE

New Vaseline® Intensive Care™
Healing Serum with 10x healing power.
Moisturizes over time to visibly
heal skin by 10x.

THE HEALING
POWER OF



PIVOT *to* PERFECTION

Aaand plié! Rachel Piskin, co-founder of ChaiseFitness and former dancer for the New York City Ballet, understands the importance of flexibility and movement in her everyday life. That's why she uses Gillette's new Venus® Swirl™, the first and only razor with FLEXIBALL™ technology that contours over curves for flawless skin.

7:00 AM Time to get moving! I always start my day with a healthy, energizing breakfast. I love Greek yogurt with fresh berries and a handful of healthy cereal to add a little crunch.

8:00 AM My morning beauty routine starts in the shower. For smooth, flawless dancer legs, I use my Venus® Swirl™ razor.

11:00 AM I spend my afternoon running between our three studios in New York City. I love listening to music while I'm on the go and create playlists that set the soundtrack to my day!

4:00 PM My day isn't complete without a ChaiseFitness workout, followed by a relaxing evening at home to recharge. I cook a nutritious dinner (grilled salmon and veggies is a favorite) and end the night with a favorite TV show.

"As a dancer-turned fitness entrepreneur, I embrace flexibility and movement in my life to achieve my best body and become my best self. The Venus® Swirl™ is my secret to achieving flawless dancer legs that keep me moving all day long."

Gillette
Venus®
Swirl™

Available at

COSTCO
WHOLESALE



NEW

Gillette
Venus
Swirl™



FOR A FLAWLESS SHAVE.



THE FIRST & ONLY WITH
FLEXIBALL™

THROW YOUR
CONTOURS A CURVEBALL.



5 CONTOUR™ BLADES.
6X MORE FLEXIBILITY*



great legs &

THE PERFECT...

shades of blush and lipcolor are easier to find than you might think. Your new must-haves: these two picks, which look good on absolutely everyone. Perricone MD's new lip gloss glides on with a soft, rosy tint that bumps up the natural shade of your lips ever so slightly, and makeup artist Jessica Liebeskind's amazing blush combines warm and cool pinks in a palette that flatters both dark and fair complexions. Swirl the lighter hue on the apples of cheeks, then top with the brighter color for a healthy glow.

—Kayleigh Donahue Hodes

Vintage Cosmetics Blush and Brighten Face Palette in Pink Coral & Flamingo, \$28; Perricone MD No Lipgloss Lipgloss, \$30

SOFT, PRETTY HAIR

➔ Naturally curly or wavy locks are #TrendingNow. Here's how to enhance what you've got.

	THE TEXTURE	THE PREP	THE PRODUCT
SUBTLE WAVES		Hair that has just a slight bend can be styled in many ways. To create a breezy, relaxed look, work a light cream through damp hair for hold. Then gently squeeze strands at the midway point to help coax your waves into shape, says Nexxus global creative director Kevin Mancuso. Ignore the instinct to scrunch product into your hair from underneath, Mancuso says. "It disrupts the wave from forming properly."	Toni & Guy's cream-gel hybrid contains a blend of shape-retaining polymers to keep waves from falling flat without leaving strands stiff or crunchy. Toni & Guy Hair Meet Wardrobe Classic Wave Memoriser, \$15
LOOSE CURLS		Bouncy curls like these look best when they're well hydrated and defined. Start by running a conditioning serum through damp, combed hair for hold. Then blow-dry on low heat and speed, using a diffuser to seal your waves into place. "Keep the dryer perpendicular to your head so curls aren't being blown all over the place, and lightly press them as you go along to minimize flyaways," Mancuso says.	Suave Professionals Gel Serum does the product-cocktail for you by mixing the moisturizing effect of a serum with the holding power of a gel in one bottle. Suave Professionals Luxe Style Infusion Curl Defining Gel Serum, \$5
TIGHT SPIRALS		You can get an amazing amount of body with ringlets—the key is to create a consistent texture from root to tip. Applying a creamy mousse throughout damp hair will give you "volume, separation and evenness," says New York City hairstylist Tim Rogers. Let strands air-dry, NYC hair expert Ted Gibson recommends. If you want more bounce later, just tousle your hair from underneath.	Living Proof's ultra-hydrating mousse contains time-release emollients for extra moisture and patented technology to repel water so your curls stay springier longer. —KDH Living Proof Curl Enhancing Styling Mousse, \$28

MIRANDA KERR



#IAMWHOIAM

blow dry ADDICT

I NOURISH MY SCALP. I DAMAGE PROOF MY HAIR.

CLEAR REPAIRS THE SIGNS OF DAMAGED HAIR TODAY SO IT REMAINS SOFT, SHINY & VIRTUALLY UNBREAKABLE.

EVEN TESTS SHOW 95% LESS BREAKAGE FROM COMBING ON HEAT-DAMAGED HAIR
WHEN USING CLEAR SYSTEM VS. NON-CONDITIONING SHAMPOO.



CLEAR
SCALP & HAIR™



39

YOU CAN'T STOP ME

2 DAYS, 39.3 MILES

THE AVON 39 IS TOUGH. BUT YOU'RE TOUGHER. WHETHER YOU WALK 13, 26 OR THE FULL 39.3 MILES, YOU'RE TAKING ONE GIANT STEP TO **END BREAST CANCER**—POWERING IMPORTANT RESEARCH AND ACCESSIBLE CARE FOR THOSE WHO NEED IT MOST. LET'S DO THIS!

AVON
**39 THE WALK TO END
BREAST CANCER**

REGISTER TODAY

39forBC.ORG

1 888 608 WALK

HOUSTON	Apr 25-26
WASHINGTON DC	May 2-3
BOSTON	May 16-17
CHICAGO	Jun 6-7
SAN FRANCISCO	Jul 11-12
SANTA BARBARA	Sep 12-13
NEW YORK	Oct 17-18

Judy, 39er

KNOW YOUR RISKS. KNOW YOUR BODY. TALK TO YOUR DOCTOR.

BENEFITING THE AVON FOUNDATION FOR WOMEN, A 501(C)(3) PUBLIC CHARITY.

Reebok 
national sponsor



(SELF)

MOTIVATE

WHAT'S YOUR FITNESS AGE?

SPORTS BRA
and PANTS
Alala WATCH
Wellograph
SNEAKERS New
Balance x Kate
Spade Saturday

→ *You may not know it, but it's a crucial marker of your health. Here's how to turn back the clock.* BY MADELINE BUXTON

Forget what your driver's license says. The most accurate measure of your body's age—not to mention the best predictor of living a long, healthy life—is your fitness age. Even better, by getting more fit, you can actually *subtract* years, making your body healthier and “younger,” finds a study in *Medicine & Science in Sports & Exercise*. FITNESS AGE > 47

10

THE NUMBER OF
ADDITIONAL YEARS
YOU COULD LIVE
BY LOWERING
YOUR FITNESS AGE

**CREAMIER THAN
SKIM WITH
FEWER CALORIES?**
YOU'RE GONNA
NEED A
BIGGER GLASS.



Silk Cashewmilk
is made with the
creamy goodness
of cashews and just
60 delicious calories.
Taste for yourself.

Silk
helps you bloom™

#silkbloom

Silk Original Cashewmilk: 60 cal/serv;
skim dairy milk: 80 cal/serv. Character is
a trademark of WhiteWave Foods.



(SELF) MOTIVATE

Researchers at the Norwegian University of Science and Technology came up with a formula to calculate anyone's fitness age, based on stats gathered from 60,000 subjects. (Find it online and calculate yours at WorldFitnessLevel.org.) Your age, weight, height, exercise habits, general activity levels and resting pulse all factor into the equation.

A good goal is to have your fitness age match your chronological age. But the more years you can take off, the better your overall health—researchers have frequently seen people cut their fitness age in half.

Lowering your fitness age is simpler than you may think. Just mix some high intensity interval training (HIIT) into your workout. Here's why: Study participants who had the highest VO₂Max scores (a measure of how efficiently you use oxygen) were also the healthiest and lived the longest. HIIT is a proven method for increasing your VO₂Max, so making high-intensity intervals part of your training can subtract years. HIIT also leads to key performance payoffs: A stronger heart pumps more blood to your muscles, which improves power and boosts endurance.

Start by pushing yourself to reach maximum effort levels for a few minutes during a couple of workouts each week. Then try this plan (see right)—we asked lead study author Ulrik Wisloff, Ph.D., to develop it exclusively for SELF.

➔ **TURN BACK THE (FITNESS) CLOCK** even more with Wisloff's two-week plan at Self.com/go/fitnessage.

The workout

MONDAY Pick your favorite cardio: running, biking, elliptical—anything that raises your heart rate. Warm up for 10 minutes. Do 4 minutes at 90 percent effort. (The goal is to be breathing heavily.) Reduce the effort for 3 minutes for an active-recovery interval. Follow with 1 minute at high intensity and 1 minute of active recovery; repeat twice, with the final recovery interval lasting 3 minutes. Repeat this sequence. Finish with a 5-minute cooldown.

TUESDAY Rest day

WEDNESDAY Pick your favorite cardio and warm up for 10 minutes. Then increase the incline, speed or resistance for 4 minutes at 90 percent effort. Slow down or reduce your effort for 2 minutes for an active-recovery interval. Do another 4-minute high-intensity interval. Finish with a 5-minute cooldown.

THURSDAY Rest day

FRIDAY Pick your favorite cardio and warm up for 10 minutes. For 15 seconds, go at your highest intensity level. Reduce your effort for 15 seconds. Do this 10 times, then reduce the effort for 3 minutes of recovery. Do 10 more 15-15 intervals. Finish with a 5-minute cooldown.

SATURDAY/SUNDAY

Pick a low-intensity activity, such as walking, to do for 60 minutes on either day. Take the other day as a rest day.

THE PUMP GOES HIGH-TECH

After 26 years, Reebok has created an updated version of its most iconic shoe. The **ZPump Fusion** features a seamless compression sleeve, which fills with air to surround your foot as you pump. The result? A custom fit: The shoe conforms to the unique shape of your foot and snugly grips your heel. And the cushioned sole, inspired by high-performance tires, means that quick starts, stops and turns feel effortless. Try yours for cross training activities like boot camp, or to feel light on your feet during a run. Available March 10. \$110; FinishLine.com

**SELECTS**

**PACK
A GLASS
FOR A
FLAVOR
VACATION.**



Silk Unsweetened Almond Coconut Blend is a tropical twist of island coconuts and almond deliciousness. It's a flavor getaway for your taste buds, and it's only 35 calories per serving. Try for yourself.

Silk
helps you bloom™

#silkbloom



RUN FOR FUN!
#COLORMESELF



COLOR ME-RAD **THE 5K SELF EDITION**

SELF has joined forces with **Color Me Rad** to bring you a series of unforgettable 5K color races.

You'll be covered in SELF-approved colors as you run. Each section of the race adds a new explosion of color to your palette until you arrive at the finish line.

Plus, you won't head home empty-handed. SELF's Finish Festival will be filled with unique experiences and swag.

Sign up now for our spring races at COLORMERAD.COM/SELFEDITION

**WE'RE COMING TO
A TOWN NEAR YOU!**

3/21 San Jose, CA
4/11 Knoxville, TN
5/23 Washington, D.C.

Sponsored by

Silk

KETTLEBELLS

They've become ubiquitous in gyms, and for good reason: Kettlebells may be the ultimate training tool. Credit their bell shape, which requires not just strength but also aerobic fitness to lift. Give them a try with these beginner-safe (but still challenging) moves, which deliver toning, core strengthening and a cardio session—all in one workout.

YOUR TRAINER Andy Speer, co-owner of SoHo Strength Lab in New York City, designed this workout exclusively for SELF.

YOU'LL NEED a kettlebell: 10 to 15 pounds (4 to 6 kilograms) if you're a beginner, 15 to 20 pounds (6 to 8 kilograms) if you have experience with them.

DO this 7-move circuit 3 times a week. Perform moves 1, 2 and 3 to improve balance; do 3 sets. Next, try moves 4 and 5 for sculpting; do 3 sets. Finish with moves 6 and 7 for a cardio challenge; do 3 sets.

1

HALO

Works shoulders, legs

Grip kettlebell handle with weight on top and hold at chest height. Stagger legs and bend knees. Lift weight to eye level; slowly circle it around head to the left (weight and handles swap positions as you go). Circle it to the right (as shown) for 1 rep. Do 5 reps.



2

LUNGE UP

Works shoulders, abs, legs

Hold kettlebell in left hand with arm extended above shoulder, weight resting on back of wrist. Step left foot back into a reverse lunge (as shown). Step forward to stand for 1 rep. Do 10 reps; repeat on opposite side.



3

ROW

Works upper back, shoulders, biceps, abs

Hold kettlebell in right hand with arms hanging straight at sides, legs staggered a few feet apart with left foot forward. Bend at waist so torso is at a 45-degree angle to floor, back straight. Lift kettlebell to rib cage (as shown), pause and lower for 1 rep. Do 15 reps; repeat on opposite side.





4

PUSH PRESS

Works shoulders, triceps, abs, legs

Stand with feet hip-width apart. Hold kettlebell in right hand at shoulder height, weight on back of wrist. Squat, then stand as you press kettlebell overhead (as shown). Return to start for 1 rep. Do 10 reps; repeat on opposite side.

5

SQUAT AND CURL

Works biceps, upper back, abs, legs

Stand with feet shoulder-width apart, toes turned out 45 degrees, gripping kettlebell with both hands at chest height. Squat until thighs are parallel to floor, then do a biceps curl (as shown). Return to start. Do 2 squats; then do 2 curls at the bottom of the second squat. Continue adding reps to finish with 5 squats and 5 curls.



6

SWING

Works abs, glutes, hamstrings

Stand with feet shoulder-width apart, gripping kettlebell with both hands. Bend knees, then hinge at hips to swing kettlebell between legs. Stand as you swing it to chest height (as shown). Do 20 reps.



7

TRICEPS PRESS

Works triceps, shoulders, abs

Grip kettlebell at base of handle with both hands, weight on top, and raise directly overhead (fingers behind you). Stagger feet and bend knees. Keep elbows close to ears as you lower kettlebell behind head to neck level (as shown). Pause, then straighten arms to raise kettlebell overhead for 1 rep. Do 10 reps.



SEE THE MOVES IN ACTION
SELF Download the SELF Plus app from the App Store or Google Play, launch on your smartphone, and hover over this page.

SELECTS

AVON **39** THE WALK TO END BREAST CANCER

THE POWER OF 39

The AVON 39 is a 2-day challenge that asks for everything you've got—and rewards you with blisters, sore muscles and Hero status. Whether you walk 13, 26, or the full 39.3 miles, you're crushing fear, doubt and breast cancer—one persistent step and donation at a time. You've got the power.

Earn your 39. Register at **39forBC.ORG**



THE MODERN HONOLULU

A COSMOPOLITAN LIFESTYLE HOTEL

THE MODERN HONOLULU

THE MODERN HONOLULU introduces cosmopolitan chic to Hawaii. Gourmet pleasures, vibrant nightlife, intimate pool settings, exhilarating spa treatments and all that Oahu offers blend to create a feeling of luxury—as refined as it is relaxed. We invite you to make the most of every moment with us.

Discover yourSELF at THE MODERN HONOLULU.

themodernhonolulu.com

Fourth Night Free, Booking code is: SELF15

Book Dates: March 1–May 31, 2015
Travel Dates: March 1–December 15, 2015

*Offer subject to availability and blackout dates. Current blackout dates: May 22–25, July 3–10, July 23–August 1.



Use only as directed.

THINNING HAIR? GET TO THE ROOT OF THE PROBLEM.

Women's ROGAINE® Foam is clinically proven to regrow hair. It reactivates inactive hair follicles to restore body, renew volume, and revive your va-va-voom.

Purchase a four-month supply of Women's ROGAINE® Foam at TARGET®* and send in your receipt to receive a Ceramic Hair Straightener valued at \$25**.

womensrogaïne.com

*Purchase must be made on one receipt. **While supplies last. Must be legal resident of the 50 United States/District of Columbia. Limit one gift per household. A.R.V. \$25. Offer valid on purchases made between 1/27/15-3/31/15. Receipts must be received by 4/3/15. Mail in original receipt with your name, address, phone number, and email address to SELF Magazine, "Women's ROGAINE®" Gift With Purchase Program—FEBRUARY-MARCH 2015, One World Trade Center, New York, NY 10007, Attn: Mallory Torretta. Please allow 6-8 weeks for delivery. Shipping in the U.S. only.

ROGAINE® is a brand marketed by Johnson & Johnson Healthcare Products Division of McNEIL-PPC, Inc.

WOMEN'S
Rogaine
Foam & Shampoo

AVAILABLE AT



©McNEIL-PPC, Inc. 2014

GO-TO GEAR

SPORTS BRAS

→ There's a science to picking the right sports bra—and these are all winners. We found the best one for every activity. BY MEG LAPPE

FOR TRAIL RUNNING

Two layers of support and a zip front keep you covered as you jump over rocks and roots.

Versatility Bra Top,
\$125; Falke.com



FOR YOGA The moisture-wicking fabric is ideal for Bikram class.
Yoga Bra, \$38; Reebok.com



FOR BARRE The mesh cutouts look hot with leggings—and they keep you cool, too.
Michi Bionic Bra, \$95; Carbon38.com



FOR SPIN Formfitting cups and stretchy side panels reduce bounce during tap-backs.
Adidas Techfit Molded Cup, \$35; Six02.com



FOR BOOT CAMP A higher-neck, full-coverage style holds you in during burpees.
HeatGear Armour Bra, \$25; UnderArmour.com



FOR CARDIO DANCE Cross-back straps give full range of motion during twists and twerks.
Full Focus Bra, \$44; Athleta.com



FOR PILATES Seamless, tagless fabric means no rubbing during those 100s.
Nike Pro Classic Bash Print Bra, \$40; Six02.com



 “There’s no dry time.
I’m impressed.”

—Ashley

New Dove Dry Spray Antiperspirant

Discover 48-hour protection that goes on instantly dry with all the care of Dove.



(SELF) MOTIVATE



SELF Shop every single item on this page when you hover over the image with the SELF Plus app. Details, page 8.

GYM BAG

BOXING CLASS

→ *Boxing workouts sculpt strong arms and abs—and make you feel like a badass. Punch up your routine with the best gear.* BY MEG LAPPE

1 Gloves with ventilated foam keep hands cool (and safe). **Adidas Combat Sports Box-Fit Boxing Glove**, \$50; ACSGear.com

2 This bra's thick band supports during every bob and weave. **Power Pose Bralette**, \$49; Lucy.com

3 Pivot without rolling an ankle in

these high-top kicks. **Adidas Combat Sports Boxfit III Low Training Shoe**, \$154; ACSGear.com

4 A weighted rope tones arms and helps maintain your jumping rhythm. **Jump Rope**, \$51; CrossRope.com

5 Jab and punch in a sleeveless hoodie that won't limit your

range of motion. **Charged Cotton Tri-Blend My Way Sleeveless Hoodie**, \$45; UA.com

6 Made from wicking merino wool, these shorts keep you dry as you spar. **Super.Natural Short Short 220**, \$50; Rutabaga.com

7 This headgear gives you extra facial

coverage, plus its chin strap ensures a secure fit.

Everlast Everfresh Head Gear, \$40; Amazon.com

8 Stash gear in a roomy, waterproof bag that folds up as small as a deck of cards. **Nylon Pack Cloth Gym Bag**, \$24; AmericanApparel.com

9 Hand wraps stabilize your wrists to prevent sprains. **Ringside Mexican-Style Boxing Handwrap**, \$7; Amazon.com

10 This mouthpiece molds to your teeth, and its jaw pads give extra protection. **Everlast EverGel Mouthguard**, \$20; SportsAuthority.com

11 Dip this towelette in water, then shake it to make it feel cool.

Mission EnduraCool Instant Cooling Towels, \$15; MissionAthleteCare.com

12 A small spout limits spills; stainless steel keeps H₂O cold. **Insulated Water Bottle**, \$30; Hydroflask.com



“Feels dry.
Feels moisturizing.
It’s amazing.”

—Holly

New Dove Dry Spray Antiperspirant

Discover 48-hour protection that goes on instantly dry with all the care of Dove.



RISE AND RUN

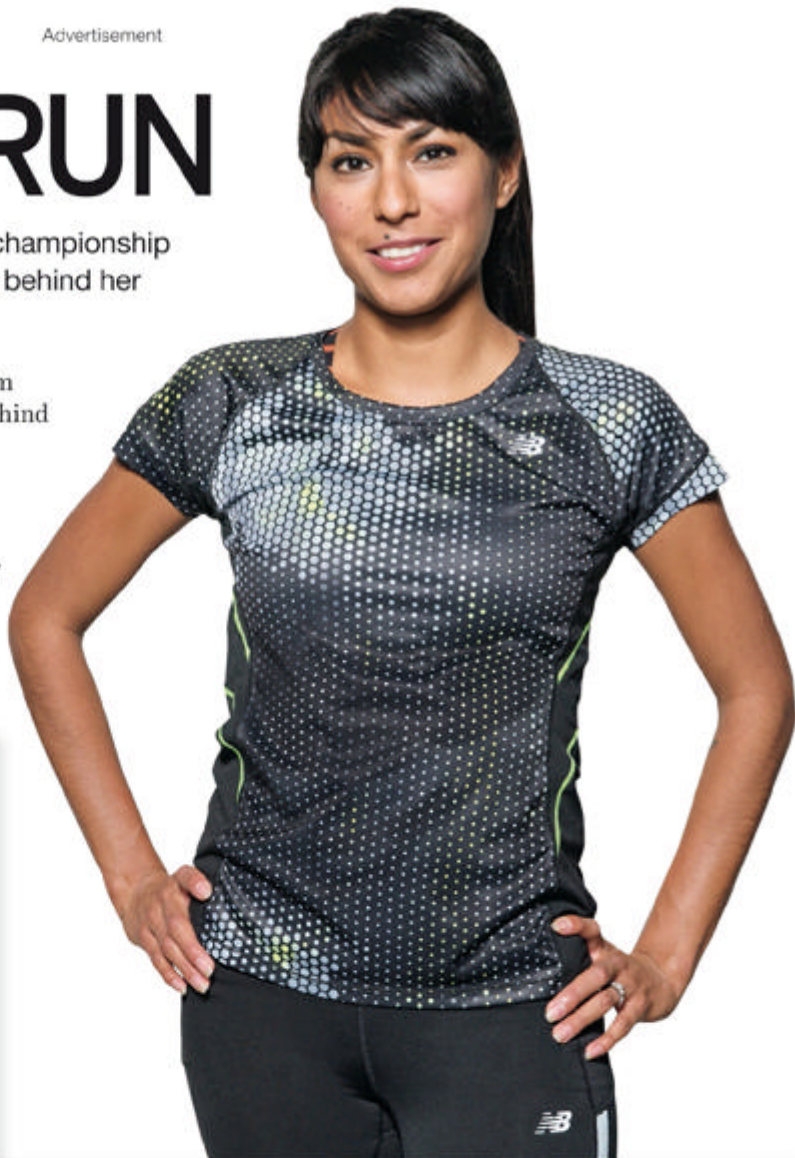
American track-and-field athlete and world championship medalist **Brenda Martinez** shares the spark behind her sunrise-to-sunset training.

"I train outside, in nature; no need for a gym membership," says Martinez. The secret behind the accomplished runner can partially be contributed to her scenic surroundings.

"I reside in Big Bear Lake, California, which sits at an elevation of 6,750 feet.

I find training at altitude has its benefits."

Her rigorous and regimented Monday-Sunday training routine also plays a big role in her success.



"I enjoy everything from Vietnamese to Mexican food. I feel like it's more than just eating; it's the time I spend with loved ones."



"A typical week of training consists of 75 to 80 miles."

"**NEW BALANCE** is all I wear. I am constantly getting gear and loving the new lines. My go-to shoes for my long runs are my Fresh Foam Zantes," now available for pre-order on newbalance.com/freshfoam.



"I do a lot of my easy runs on the Alpine Bike Path, which is a scenic trail by our town's lake. I enjoy the view and love the smell of pine. It's a time for reflection."

→ ————— → **Whether you live in a rustic destination (like Martinez does) or an urban oasis, your surroundings provide many reasons to rise and run. Get inspired by NYC's urban playground:**

- 1 For the best skyline views, lace up your **New Balance Fresh Foam** running sneakers and run to the north side of the **CENTRAL PARK RESERVOIR**.
- 2 For a healthy morning jolt pre-workout, stop by one of the many cafes in NYC that offer **KOMBUCHA** on tap. This ancient tea is now offered on the menu right alongside your standard latte.
- 3 When weather conditions call for an indoor workout, NYC's new **RUNNING STUDIOS** are the perfect solution, providing structured intervals and strength training. Amp up these treadmill-based workouts with **New Balance Fresh Foam** running shoes.
- 1 A short train ride from Manhattan is **BREAKNECK RIDGE TRAIL**, known for not only its picturesque views of the Hudson Valley, but also its nearby antiques shops.



SMOOTH BY DESIGN.



LET'S MAKE
EXCELLENT
HAPPEN.



With the Fresh Foam Boracay, data-driven design and intelligent geometries combine to create a smooth, continuous ride every time.

THIS IS #FRESHFOAM. THIS IS #RUNNOVATION.

newbalance.com/freshfoam



MANGO, 3 WAYS

→ *Nothing beats biting into a sweet, juicy mango. Try the vitamin C-packed fruit in these recipes.*

RECIPES BY MARGE PERRY

1 Mango Lassi

SERVES 2

In a blender, process 1 mango, cut into 1-inch pieces; 6 oz nonfat plain Greek yogurt; 3 tbsp honey and ½ cup nonfat milk. Pour into 2 glasses; top each with a pinch of ground cardamom.

NUTRITION INFO 251 calories per serving, 1 g fat (0 g saturated), 53 g carbs, 2 g fiber, 12 g protein

2 Grilled Mango and Shrimp Skewers

SERVES 4

In a medium bowl, toss 2 small zucchini, sliced into 1-inch-thick rounds; 1 mango, cut into 1-inch cubes; 1 red bell pepper, cut into 1-inch pieces and 1 lb peeled shrimp with 1 tbsp canola oil. Thread onto 8 skewers. Coat a grill pan with cooking spray and heat to medium-high. Add skewers; cook 5 minutes per side. Brush with 2 tbsp warmed jalapeño pepper jelly; cook 2 minutes. Turn and brush with additional 2 tbsp jelly. Cover loosely with foil; cook 2 minutes until shrimp is opaque.

NUTRITION INFO 237 calories per serving, 5 g fat (1 g saturated), 32 g carbs, 3 g fiber, 18 g protein

3 Mango, Red Quinoa and Arugula Salad

SERVES 4

In a medium saucepan, combine ¾ cup red quinoa and 1½ cups water; bring to a boil. Reduce to a simmer, cover and cook, about 15 minutes. In a medium bowl, whisk 2 tbsp orange juice, 1 tbsp olive oil, ¼ tsp salt and a pinch of black pepper.

Add quinoa; 1 mango, cut into ½-inch cubes; 2 cups baby arugula and ¼ cup coarsely chopped pecans. Toss.

NUTRITION INFO 247 calories per serving, 10 g fat (1 g saturated), 35 g carbs, 4 g fiber, 6 g protein

EAT CLEAN

SUPERCARGE EVERY MEAL

→ *Anti-inflammatory foods rich in antioxidants and omega-3s are key to a healthy you. Boost your intake with these dishes.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Chocolate-Ginger Chia Pudding

In a blender, process $\frac{3}{4}$ cup nonfat milk (or unsweetened soymilk), 1 ripe banana, 1 tbsp cocoa powder and $\frac{1}{4}$ tsp freshly grated ginger until mixture is uniform, about 45 seconds. Stir in 2 tbsp plus 1 tsp chia seeds. Cover and refrigerate at least 4 hours or overnight. Top with 1 tsp cacao nibs before serving.

NUTRITION INFO 356 calories, 13 g fat (3 g saturated), 54 g carbs, 17 g fiber, 15 g protein

LUNCH

Roasted Salmon and Baby Kale Salad

In a medium bowl, toss 1 cup baby kale with $\frac{3}{4}$ cup cooked black barley. Add 3 oz roasted salmon, torn into pieces, plus $\frac{1}{4}$ cup thinly sliced radish, $\frac{1}{2}$ cup shredded purple cabbage and $\frac{1}{4}$ cup

parsley. In a small bowl, whisk together 2 tsp lemon juice, $2\frac{1}{2}$ tsp olive oil, $\frac{1}{8}$ tsp sea salt, $\frac{1}{2}$ tsp honey and a pinch of cayenne. Toss salad with dressing. Top with $\frac{1}{2}$ toasted nori sheet, cut into strips.

NUTRITION INFO 515 calories, 24 g fat (4 g saturated), 49 g carbs, 8 g fiber, 29 g protein

DINNER

Garlic-Saffron Chicken With Buckwheat and Asparagus

Heat oven to 425°. On a cutting board, mash together 1 garlic clove, $\frac{1}{8}$ tsp sea salt, $\frac{1}{2}$ tsp olive oil and $\frac{1}{8}$ tsp saffron using a mortar and pestle (or the side of a chef's knife). Rub mixture onto a skinless, bone-in chicken thigh. Toss 10 asparagus stalks with 2 tsp olive oil and $\frac{1}{8}$ tsp coarse sea salt; place on a baking sheet with chicken. Bake until internal temperature of chicken is 165°, about 30 minutes. Remove from oven;

cover chicken with foil. Chop asparagus and toss with $\frac{3}{4}$ cup cooked buckwheat, 1 tsp olive oil, 1 tbsp chopped fresh mint and 1 tbsp slivered almonds. Serve chicken over buckwheat mixture.

NUTRITION INFO 508 calories, 26 g fat (4 g saturated), 34 g carbs, 8 g fiber, 38 g protein

SNACKS

Chili-Lime Sweet Potato Chips

Heat oven to 375°. Using a mandoline, thinly slice $\frac{1}{2}$ large sweet potato. In a small bowl, toss sweet potato with 1 tbsp fresh lime juice, $\frac{1}{2}$ tbsp olive oil, 1 tsp chili powder and $\frac{1}{8}$ tsp sea salt. Place sweet potato slices in a single layer on a cookie sheet and bake 8 to 10 minutes. Flip pieces over, turn pan 180 degrees and bake 8 to 10 minutes more. Remove pan from oven and allow to cool for 2 to 3 minutes until crispy.

NUTRITION INFO 152 calories, 7 g fat (1 g saturated), 21 g carbs, 4 g fiber, 2 g protein

Matcha Latte

In a small saucepan over medium-high heat, heat $\frac{1}{4}$ cup water until nearly boiling. Whisk in $\frac{1}{2}$ tsp matcha powder and 1 tsp honey. Add 1 cup nonfat milk (or unsweetened soymilk); whisk until smooth.

NUTRITION INFO 107 calories, 0 g fat, 18 g carbs, 0 g fiber, 8 g protein

Photographed by ANDREW PURCELL

new

BEAUTY BREAKTHROUGH

AGE-DEFYING LASER for LaserDeep™ Repair

DEFY SIGNS OF AGING WITH GAME-CHANGING SKINCARE

Age-Defying Laser repairs deep beneath the skin's surface to eliminate fine lines and wrinkles and smooth the skin. The laser penetrates the surface to stimulate collagen and elastin production. See dermatologist results with the only at-home FDA-cleared laser that can be used on the entire face.

DISCOVER AN EXCLUSIVE OFFER AT TRIABEAUTY.COM

95% SAW SMOOTHER SKIN AND
IMPROVED OVERALL APPEARANCE

76% OF USERS SAW REDUCTION IN
FINE LINES AND WRINKLES

FDA-cleared; appropriate for all skin types and tones

LASER + SKINCARE

Get up to 4X more from your skincare



Absorption of
skincare actives without
laser treatment



Absorption of
skincare actives after
laser treatment

AVAILABLE AT:

triabeauty.com bloomingdales SEPHORA

tria.

SEE BEAUTY IN A NEW LIGHT®

The Age-Defying Laser is indicated for the treatment of periorbital wrinkles ("crow's feet"), which may result in smoother appearing skin in the treated area.

(SELF)

WORTH

BETTER TOGETHER

→ *Being a team player may help you stay motivated.*

BY ALEXANDRA
ENGLER

There may be no *I* in team, but if you're looking to get a project off the ground, you'll have better results by making it feel like a group effort. In a recent Stanford University study, subjects who were led to believe they were working on a group project toiled up to 64 percent longer on a challenging task and felt less depleted than those who went at it alone. It's known that being obligated to others can boost accountability. Plus, speculates study coauthor Gregory Walton, "a 'we're all in this together' mentality may help people feel a sense of purpose, which could improve self-motivation."

PERSONAL BEST

→ Gain clarity and focus, boost your connection—and more.

SPRING-CLEAN YOUR MIND

You can harness that seasonal urge to clean out your junk drawer to give your brain a refresh. Getting rid of cognitive clutter (to-dos, deadlines) helps improve focus and memory, says Mervin Blair, Ph.D. Start by employing daily deep breathing (stress muddles clear thinking). Then purge extra intel by saving it to your tablet or phone. A study in *Psychological Science* found that storing data on a digital device—and knowing you can access it later—frees up the mental space you need to learn and remember new information.



“READY FOR BED, HONEY?”

A good sex life is a well-known sign of a happy marriage; now it turns out that simply going to bed at the same time has a similar halo effect. According to researchers at the University of Pittsburgh, couples with synchronized sleep schedules feel more satisfied in their relationship, which creates a natural resilience against stress and other health setbacks, says study coauthor Heather Gunn. If you're an early bird and your partner is a night owl, try napping together on weekends—or at least cuddling before you drift off.

GIRL
CODE

Making women app-y

Our Boston Women's Health Codeathon issued a challenge to female coders: Create apps to solve pressing mental health issues for women.

“There's been an explosion in health apps, but few are designed by women, for women,” says Lexie Kornisar, associate director of digital health and innovation for the Clinton Foundation's Health Matters Initiative. To inspire both, the foundation teamed

up with SELF, Jawbone and the Ace Hotel to hold its second Health Codeathon. Thirty developers hunkered down for three days to crank out digital prototypes to serve women's mental-health needs. Five were created; the winner, Safe.me, is a sexual assault alert that uses

a wrist tracker to easily signal a potential threat to a friend. Given that sexual-violence victims are three times more likely than others to suffer from depression, the app is an important step forward for women's safety—and well-being.



MEET THE WINNERS

From left: Dushyanthi Pieris and Ying Cao (plus, not pictured, Val Lee and Nathaniel Roysden)



Let's elevate the moment.



Toyota Corolla

toyota.com/corolla



Let's
Go
Places

Options shown. ©2014 Toyota Motor Sales, U.S.A., Inc.



LEARNING CURVE

A TALE OF TWO CITIES

➔ For **Marisa Meltzer**, dividing her time between coasts seemed like an exciting way to live life to the fullest—until she discovered the real secret to finding peace in one place.

Every so often, as a twentysomething in New York City, I'd meet people at parties who seemed to have it all—great jobs, full bank accounts, satisfying relationships. Inevitably we'd fall into a conversation about where we lived. "Oh, I split my time between the West Coast and New York," the person might say. How chic, I'd think, picturing a loft in Tribeca and a casita in the Hollywood Hills. Maybe there was a photographer boyfriend who could also live in two places, and a cat small enough to carry on the plane. It sounded like a dream life—see Etruscan art at the Met, then fly 3,000 miles

to bike through lush parks filled with rose bushes. I fantasized about joining their ranks, even though their glamorous lives seemed more than a little out of reach.

I'd moved to New York City for a magazine job when I was 25, after living in San Francisco near where I grew up. Boyfriend and dog in tow, I showed up in a moving van stuffed with everything I owned. Though the boyfriend and job lasted only two months, New York ended up suiting me surprisingly well. I became a freelance writer and, after just four years, wrote a book. Then I landed a contract to write another one. I enjoyed my life of sushi delivery and parties with people I imagined were part of the bicoastal crowd—designers, gallerists and movie agents—all of whom seemed to know each other the moment they stepped into the room.

BE THE GIRL OF YOUR DREAMS™

BodyLab

Lean muscle burns calories and looks sexy. But the last thing we need is a men's "bulking" protein with added creatine and potent testosterone boosters. My TastyShake™ Complete Whey Protein Complex is made for women, by women. With just the right amount of protein, only 90 calories, and two scrumptious flavors, it's the protein you've been waiting for.

WE CAN DO THIS, TOGETHER.

♥ jennifer lopez



1-800-431-4824

Click or call for FREE shipping!
Use promo code **BODYLAB50** at checkout.
www.BodyLab.com



©2015 All Rights Reserved. All trademarks are the property of their respective owners. BodyLab products are intended to be used in conjunction with any of the sensible diet and exercise programs available at www.BodyLab.com. Individual results will vary. *Free standard shipping in the continental U.S. only. B015387-1

In spite of my life's cosmopolitan veneer, I often felt out of place and intimidated by the very crowd I aspired to join. I was also stricken with loneliness. It was my first time in seven years without a boyfriend, and my life consisted of awkward dates punctuated by nights watching reality TV alone while online-stalking my ex. I loved being a writer and could cobble together a living. But I worried that writing might be more suitable as a side project than the kind of job I could rely on to one day buy a house or pay for a kid's education. That said, how would I ever have a child if I couldn't even find a boyfriend? This kind of looping, free-form anxiety led to many sleepless nights and even a few panic attacks. When a doctor prescribed me Xanax, I started to seriously wonder if moving to New York had been a mistake.

On my 30th birthday, I threw a big party at a bar whose garden was strung with lights. I wore a short gold dress, and my pastry-chef neighbor made two types of cupcakes. It was the kind of only-in-New York night that romantic comedies capitalize on. Leading up to the evening, I had been anxious about reaching this milestone birthday, worried that I hadn't achieved enough personally or professionally. But I managed to have fun, thrilled to be surrounded by so many friends. Secretly, I was also happy that despite any misgivings I had about my life, I at least appeared to have everything under control.

As a birthday gift to myself, I had booked a weeklong vacation in Portland, Oregon, and I left the day after my party. At least a dozen friends had moved there after college, seeking its combination of bohemian eccentricity and urban sophistication that would be perfectly skewered on the show *Portlandia* a few years later. It was the middle of summer, and unlike stiflingly humid New York, Portland was crisp and my hair frizz-free. I was taking a break from my life and felt like I could finally relax. I went swimming in clear rivers, ate yogurt topped with locally grown marionberries and sampled Pinot Noirs from the nearby Willamette Valley.

When I got home a week later, I felt as if I had a coping mechanism for all my problems—and its name was Portland. I was calmer there. It was familiar, with its open landscape and friendly, Patagonia-clad crowds, but without being a too-safe retreat

back to the California of my childhood.

Energized by the prospect of living there, I hatched a plan. Instead of impulsively moving across the country, I would rent an apartment in Portland and shuttle between both cities for a year. I could just barely afford the endeavor, but I rationalized that a tryout period posed less of a risk. At the same time, I could give living the bicoastal dream a shot.

SIX WEEKS LATER, I pulled up to my new light-filled studio in southeast Portland. I went grocery shopping at a natural-foods store and carried home organic apples, herbed goat cheese and fresh-picked flowers. I went to a yoga class packed with tattooed twentysomethings, where a live band serenaded us while we did our Vinyasas. I went to sleep in a bed covered in white organic cotton sheets I'd picked out to suit my wholesome new life.

It all felt like a triumph—and in terms of escapism, it worked. For one week a month, I lived in Portland, where I could put my anxieties on hold. I stayed busy—and fit—with what I called “the Portland

in two places wasn't like having a life in two cities—it was like having no life at all.

I decided to spend all of January and February in Portland to see if I could learn to like it there. It wasn't exactly a postcard-perfect time of year, and two weeks in I called my mom. “I hate jogging in the rain,” I said, holding back tears, when she picked up. “Maybe you just don't like living in Portland,” she said.

I knew she was right. As much as I had fallen for the whole bucolic package—the rivers, the bearded ex-boyfriend, the heirloom produce—it wasn't really who I was or who I wanted to be. I had hoped that Portland would mold me into one of its residents, someone a little less hurried and intense. But instead, I had become emotionally exhausted from pretending to be a West Coast boho one day and a cosmopolitan New Yorker the next.

And no matter how hard I had tried to avoid my real life, with its real anxieties, by retreating into a life of bicoastal make-believe, I couldn't escape my problems. I was always going to have fears about boyfriends and babies and my career; rather

LIVING IN TWO PLACES WASN'T LIKE HAVING A LIFE IN TWO CITIES—IT WAS LIKE HAVING NO LIFE AT ALL.

biathlon”: biking two miles to Laurelhurst Park to jog, then biking back to my favorite breakfast spot for a tofu scramble with friends. I even started sleeping with an ex-boyfriend who lived in the city. I was able to put aside any worries I would typically have—What were we doing? What did it all mean?—by telling myself that our relationship, or whatever it was, was contained in Portland. I was becoming the ultimate compartmentalizer.

After a couple of months, though, the excitement of living on two coasts wore off, and my anxieties returned. Just as in New York, I'd lie awake in Portland worrying about the future. Plus, I was still lonely—just now on two coasts. Though I knew a lot of people in Portland, I wasn't spending enough time there to forge deep connections. Back in New York, invites to parties stopped coming because, friends told me, I was always out of town. I simply wasn't living in one city long enough for anyone to remember I was there, or to engage with its rhythms and rituals. Living

than flee them, I needed to face them. I needed to simply *live*. Only then could I discover who I really was and what would make me happy.

I returned to the East Coast, ready to feel defeated. But instead I was relieved. Without the nagging impulse to escape, I felt grounded and eager to embrace my life there. I still went to parties but recognized that I didn't have to attend every screening or art opening—and, more important, I no longer needed to try so hard to fit in. At the same time, I committed to keeping my Portland self alive, going for picnics in the park and devoting myself to power yoga. Eventually, I even went on a few dates and found a new friend—patience—that deepened my writing, too.

I was in no rush to get back to Portland and didn't return until my lease was up a few months later. Carrying only two suitcases, I vowed to get rid of anything that wouldn't fit. I made sure to leave room for my organic cotton sheets, though. I knew I'd be sleeping well in New York. ●

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 15g of unsaturated fat and only 1g of saturated fat.

POWER TO KEEP YOU ROLLING RIGHT ALONG

Energize your day with the crunch of almonds. Get 6g of energy-giving protein, 4g of hunger-slaying fiber and essential nutrients in every heart-healthy handful, ready whenever you need it most.

Learn more at Almonds.com.



 **california
almonds®**
CRUNCH ON

© 2015 Almond Board of California. All rights reserved.

SELF MADE

KIMBER LOCKHART

→ *A rising Silicon Valley star reveals her tricks for staying focused while breaking barriers.* BY DEVIN TOMB

Computer engineering is a notorious boys' club. (Men occupy 72 percent of all U.S. science and engineering jobs, according to the National Science Foundation.) But 28-year-old Kimber Lockhart didn't just join the club—she became the boss. As vice president of engineering at the much-buzzed-about One Medical Group, a Google Ventures-backed, San Francisco-based primary care practice, she and her team create technology that makes seeing doctors as easy as making a dinner reservation—from same-day booking to virtual visits. As for her road to VP? While at Stanford, she stumbled into a computer science class, loved it and created a start-up that, in 2009, was acquired by Box, the online file-sharing service. She led a team of 50 engineers at Box, and by the time she passed the torch in 2014, *half* of her team were women. Now she's sharing her get-ahead advice for any industry.

SEIZE YOUR OPENING “In high school, I tried out for the varsity track team but only made JV. Crushed, I asked to fill a varsity opening in the 400-meter hurdles. It was brutal, but I ran it every single meet—and even lettered. Doing a job before you have it can get you pretty far.”

ASK FOR FEEDBACK “Continually ask for ways to improve. Hearing critical things about yourself can be difficult, but just say thank you and then go cry in the bathroom if necessary.”

REHEARSE FOR BIG MOMENTS “Find a buddy, someone who understands the context you're in. That way you can talk through your ideas and feel confident about them by the time you walk into a big meeting.”

→ **GET MORE SUCCESS SECRETS!** Find bonus career inspiration at Self.com/go/selfmade.



STAYING FRESH

“I work for 25 minutes, then break for 5 so I can get up and say hi to people.”

DRESS CODE

“I'm a minimalist. To me, simplicity is the ultimate sophistication.”

SWEATER Each x Other, \$380; Nordstrom.com



SIGN OF SUCCESS

“I celebrate a major accomplishment with a glass of wine and a gold star in my planner. Really!”



GOOD ON PAPER

“It's low-tech, but I carry around a colorful notebook to jot down new ideas.”

NOTEBOOK \$9; Poketo.com
PEN \$14; Poppin.com



GREATER HEIGHTS

“I always feel polished in a beautiful pair of heels with dark jeans.”

SHOES Stuart Weitzman, \$398; 212-750-2555



STRONG START

“I like to do yoga—I've mastered the handstand!—before hopping on the train for work.”

“Do the job before you have it.”

THE FASTEST COVER-UP

“I love L'Oréal Paris True Match compact makeup.”

FOUNDATION \$13; LOréalParisUSA.com





The Skechers GOwalk 3 is made with our latest high-rebound comfort innovation, Goga Mat™ Technology. Adaptive Go Pillars™ underfoot create the softest ride you could ever imagine.

INNOVATION NEVER FELT THIS GOOD.™

skechersGOrun.com



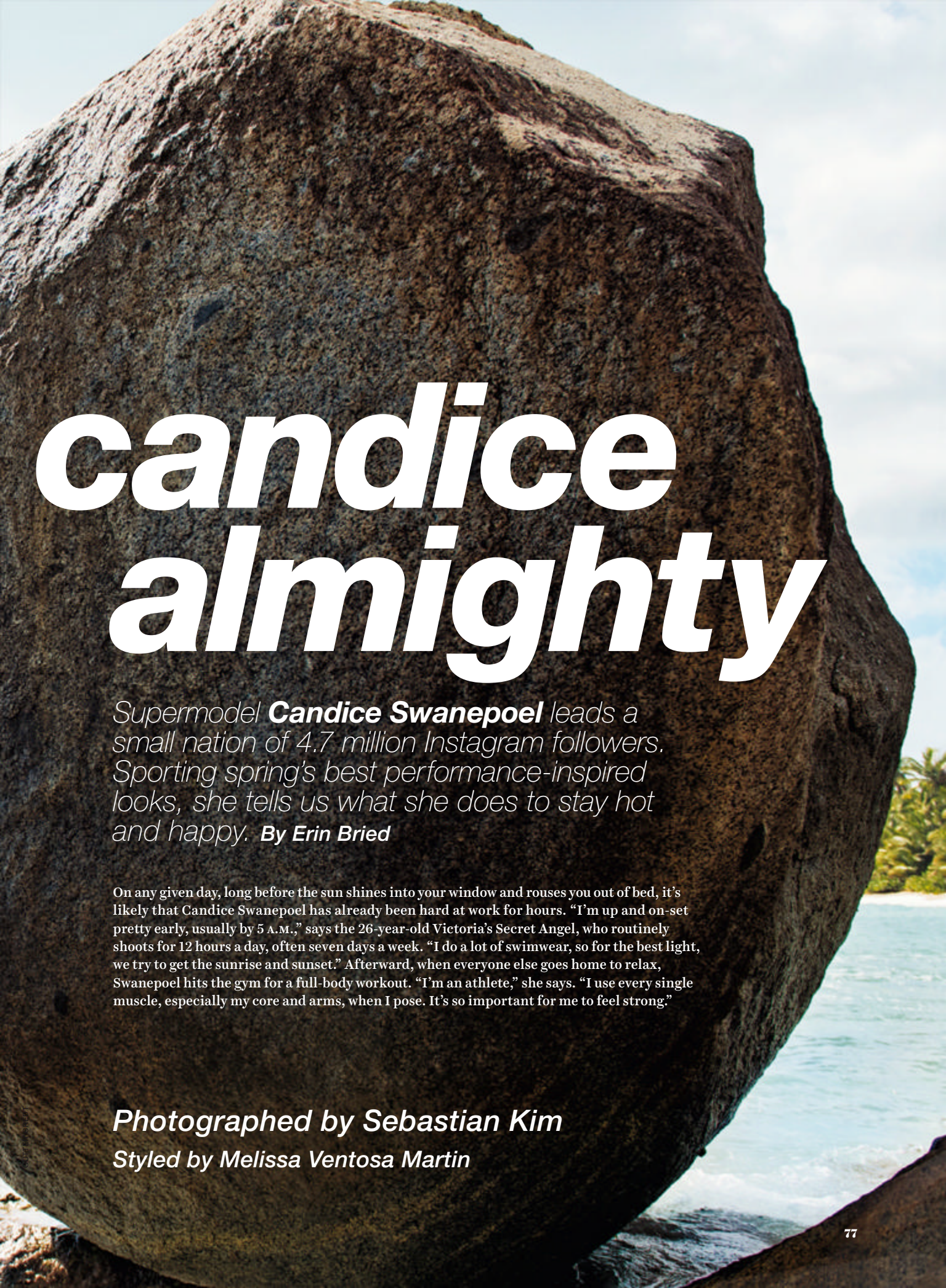
SKECHERS
GO WALK
3



rocking out

A bright, stripy bandeau with classic bike shorts and sneaks sets the tone for a day of play.

TOP ZDDZ London **SHORTS**
Victoria's Secret Sport **WATCH**
Apple **SNEAKERS** Under Armour



candice almighty

Supermodel **Candice Swanepoel** leads a small nation of 4.7 million Instagram followers. Sporting spring's best performance-inspired looks, she tells us what she does to stay hot and happy. **By Erin Bried**

On any given day, long before the sun shines into your window and rouses you out of bed, it's likely that Candice Swanepoel has already been hard at work for hours. "I'm up and on-set pretty early, usually by 5 A.M.," says the 26-year-old Victoria's Secret Angel, who routinely shoots for 12 hours a day, often seven days a week. "I do a lot of swimwear, so for the best light, we try to get the sunrise and sunset." Afterward, when everyone else goes home to relax, Swanepoel hits the gym for a full-body workout. "I'm an athlete," she says. "I use every single muscle, especially my core and arms, when I pose. It's so important for me to feel strong."

Photographed by Sebastian Kim

Styled by Melissa Ventosa Martin



jump right in

Shots of red, white and blue kick up the energy of a sexy, athletic look.

JACKET JC de Castelbajac
TOP VFiles **BOTTOM**
Victoria's Secret Sport

“When I have a show or a specific shoot coming up, I train for it full on, like an athlete would train for a game.”

Such discipline and dedication come naturally to Swanepoel, who grew up on a beef-and-dairy farm in South Africa. “I saw my dad wake up at 4 every morning to milk the cows. I’d put on my overalls and gum boots and follow him around,” she says. “Growing up surrounded by so much life and death and realness shaped my personality. Africa is not for wussies. It’s in our culture to be hard workers.”

That may be why, after being scouted at a local flea market at age 15, Swanepoel took the brave step of moving to Europe, alone, to pursue her new career. She spent the next two and a half years walking runway shows for major designers, including Dolce & Gabbana. And yet, despite her early success, she remembers that period in her life as difficult. “It was the loneliness,” she says. “Every day, I was working with different people who were speaking different languages, so I was never able to form any relationships. I just wanted to go home.” During that time, she was also told that she needed to lose weight. “I was so used to people criticizing me for being too thin that it was shocking to me,” she says. “I was crying.”

By age 17, Swanepoel was ready to quit modeling altogether. That’s when Victoria’s Secret called, and everything changed. “My agent said, ‘They want to see you. If you get the show, will you move to New York?’ I said, ‘If I got Victoria’s Secret, I’d do *anything*.’” She landed the gig, moved across the world, found an instant community and rededicated herself to her work—and her workouts.

Her willingness to always put in extra hours on-set—and extra sets in the gym—has certainly paid off. Now, eight years after almost walking away from her career, Swanepoel has become one of fashion’s reigning superstars, and one of its hottest bodies. You can see the results of her hard work in the tightness of her legs, the firmness of her butt and the flatness of her abs. “When I have a show or specific shoot coming up, I train for it full on, like an athlete would train for a game,” she says. Of course, given that she *always* has a big show or shoot coming up, she’s always training, four to five days a week, year-round. “There’s no time to slack off,” she says. “It’s just not worth it.”

To get that enviable body, both strong and lean, Swanepoel cross trains. Every week she does a mix of boxing (“a good way to blow off steam”),

trampolining (“it tightens up everything”), resistance training (“as I get stronger, the weights get heavier”) and pilates (“for when I’m tired, because I can lie down”). No matter the workout, her goal remains the same: “To build muscle, rather than burn it,” she says.

Staying sculpted instead of just skinny has always been Swanepoel’s body challenge. “If I’m nervous or stressed, I can eat almost anything and still be losing weight. That’s just my metabolism,” she says, “but I don’t like to feel skinny.” To maintain her shape and stamina, she follows a simple eating philosophy: Have a big breakfast to avoid midmorning crashes. “If I’m shooting swim, I’ll have scrambled eggs, bacon, fruit, coffee and a croissant. Otherwise I’m ravenous by 11 A.M.” For lunch and dinner, she gets plenty of protein, like a grilled-chicken salad or salmon with rice and beans. “I just eat everything in moderation,” she says. “People do crazy things, but anything in the extreme is bad for you. I don’t believe in juicing. I don’t even get why you’d want a soy latte. Listen, just give me some whole milk! When you overthink what you’re eating, it starts to affect you.”

Swanepoel’s commitment to staying balanced, despite the ruthless nature of her industry, has been the key to her happiness. “Modeling has really changed in the past few years. Now there’s so much more money at stake, and it’s more work as well,” she says. “It used to be that if you had a swim shoot, you’d go away for two weeks and spend the first four days getting a suntan. Now we work 12 hours a day, every day, and I can be on a plane every two days. It’s almost like a chess game, where we’re the pieces. You’ve got to juggle everything and make the right moves.”

That pressure makes her downtime all the more important. “You’ve got to take care of yourself,” she says. Swanepoel does that by trying to block off a week every month or so to unwind. “I’d rather work in waves, so I have time to travel and rest,” she says. Her goals are a mix of professional and personal. “I want to design my own line of swimwear,” she says, “and I want to see more of my family and have one of my own one day, too.” But for now, she’s just trying to enjoy every moment. “I love living this dream,” she says. “And sometimes I also just like to chill, have a glass of wine, watch a movie and be normal.”



balancing act

A graphic embroidered dress and platform sandals strike the right cool-but-easy note.

DRESS Peter Pilotto
SANDALS Teva

track this

With high-waisted shorts and a cutout tee, a high-tech Apple Watch is the perfect accessory.

TOP Opening Ceremony
SHORTS Jeremy Scott for Adidas
VISOR ISLY
WATCH Apple

SE
LF

WANT MORE CANDICE?

Go behind the scenes at her photo shoot. Launch the SELF Plus app on your smartphone and hover over this page for exclusive video. Details, page 8.



running wild

Sporty-chic pieces, like this varsity-inspired dress and mirrored sunnies, are perfect for chasing the rays.

DRESS and JACKET
Lacoste **SUNGLASSES**
3.1 Phillip Lim



A full-page photograph of a woman with blonde hair, wearing a striped athletic dress, performing a handstand on a dark, textured rock. She is balanced on her hands, with her legs extended straight up into the air, feet together. The background shows a bright blue sky and a turquoise ocean with white-capped waves. The woman is looking down towards the camera with a slight smile.

her top moves

Swanepoel and her trainer, ModelFit's Justin Gelband, share three exercises that make her feel and look her best.

micro-squat "I like to focus on my thighs and bum, so I do a *lot* of squats," Swanepoel says. Stand with feet together, arms extended, and squat, lowering 2 inches per count for three counts. Hold, then rise on a three count. Repeat, first with feet shoulder-width apart, then with feet together, then apart again. That's one rep; do 10.

leg pulse "The smaller the motions, the better the results," Gelband says. Lie on left side, left arm bent under head, left leg extended, right leg perpendicular at hip. Use your glutes to pulse right leg up and down 20 times, moving it slightly toward left foot with each rep. Switch sides; repeat.

one-two punch "When I punch, I use my arms and core," Swanepoel says. Stand with feet hip-width apart, left leg just in front of right, fists at chin, elbows in. As you rotate and pivot right foot, punch right arm across body until arm is 75 percent extended. Return to start. Then throw a left hook by raising left elbow to shoulder height, arm bent 90 degrees, rotating through hips. Return to start; do 15 reps. Switch sides; repeat.

➔ **SHOWTIME!** Get the scoop on Swanepoel's prerunway prep at Self.com/go/candice.

kick in to high gear

Surf or street? Either way, a striped, stretchy bandage dress has you covered.

DRESS Preen by Thornton Bregazzi

Hair, Dennis Devoy for Bumble and Bumble; makeup, Kristi Lee Matamoros at Kate Ryan. Production, Select Services. See Get-It Guide.



Your new night-out dream team:
major minis, sexy gladiators and shine.
Model (and former basketball star)

Grace Mahary scores big in the trend—
and shares her go-to body-toning moves.

Photographed by Christopher Ferguson
Styled by Michaela Dosamantes

UP
YOUR

EVENING
GAME

BEADED TUNIC

A sparkly embroidered dress is a shoo-in for fan favorite. Add platform lace-ups to take the look in a cool, sporty direction—and show off great legs. “I Spin, kickbox and do CrossFit to keep in shape,” Mahary says.

DRESS DKNY, \$1,200 TURTLENECK American Apparel, \$28 SANDALS Chloé, \$1,450



SILK DRESS

Rich bronze fabric and chic details give a utility-inspired dress closet-MVP status. "I love nude colors that accentuate my skin tone," Mahary says.

DRESS Marc Jacobs, \$3,900

BEAUTY NOTE

For radiant skin and shiny hair like Mahary's, pat on Alberto VO5 Shine, Glow & Go Beauty Oil (\$5), a multitasking oil that helps boost hydration.

A full-page photograph of a woman with long dark hair, wearing a shimmering rose-gold two-piece outfit and strappy sandals, holding a basketball in a dynamic pose. The background is a plain, light color.

SHIMMERY SHORT SET

A rose-gold tank and skort with Grecian leather sandals make the leap to after hours. "I love a spontaneous night with great friends and good music," says Mahary.

HER MOVE: LEGS

Do a balanced lunge: Stand with feet hip-width apart. Step back with one foot into a lunge, knees bent 90 degrees. Step forward and hold leg midair before lunging back again. Do 10 reps; switch legs.

TOP \$275, and **SHORTS** \$368, Misha Nonoo
SANDALS Chanel, \$1,750

EMBELLISHED TOP + MINI

Throw in contrasting black, and a glittery top and mini feel sleek and graphic—while calling attention to a toned middle.

"I work hard on my abs, so I like to show them off," Mahary says.

HER MOVE: ABS

Do a clockwork crunch: Lie on your back, legs straight. Lift legs as high as you can; pause, then lower. Lift legs again, lower to left; lift, then lower to right for 1 rep. Do 10 reps.

TOP and **SKIRT** Fausto Puglisi
TURTLENECK Hanro of Switzerland, \$275 **SANDALS** Charline de Luca, \$430

"MODELING
HELPED ME BE
COMFORTABLE
IN MY SKIN.
BASKETBALL
TAUGHT ME
HOW TO TRAIN
FOR MY GOALS."

ONE-SHOULDER DRESS

Style slam dunk: A body-con LBD with sexy cutouts and metal hardware is a winner every time. "When I get really dressed up, I like to put on a little black number," says Mahary.

HER MOVE: ARMS

Do a triangle push-up: Start in a plank position. Place hands together with thumbs and forefingers touching. Do 10 push-ups.

DRESS Anthony Vaccarello x Versus Versace, \$995

SANDALS Ancient Greek Sandals, \$530

A full-page photograph of Grace Mahary. She is a Black woman with long, dark hair, wearing a sleeveless, metallic blue dress with a flared skirt and strappy high-heeled sandals. She is in a dynamic pose, with her right arm raised high towards a basketball in the upper left corner, and her left arm extended outwards. Her legs are spread wide in a powerful stance. The background is a plain, light color.

VITAL STATS: GRACE MAHARY

AGE 25 ORIGINALLY FROM

Edmonton, Alberta

HOME BASE New York City

I PICKED UP BASKETBALL when I was 4. I played competitively at the University of Toronto while modeling on the side. Then I got my tooth knocked out in a game! I was fine, but I realized that modeling wouldn't be there forever, so I decided to go for it full-time.

I LOVE TRYING new things. I went zip lining, and I really want to go jet packing, which is basically flying over water. Burma is next on my list of places to visit, and I want to go back to Eritrea, which is where my parents are from.

MY PERSONAL STYLE is cool and athletic. I love wearing bandeaus, shorts and sandals. And I can't live without gold accessories.

I'M A DIY kind of girl. Once a week, I mix up an exfoliating face scrub with honey, lemon and salt or sugar, and I put argan oil in my hair to keep it soft. When I'm traveling, I use coconut oil to help keep my skin moisturized.

MY FAVORITE MEAL is breakfast: I'll have two eggs over medium with a side of grilled vegetables. I have such a sweet tooth, though, so I try to mix sweeter vegetables into my meals—like beets and carrots—as a healthy way to get my fix.

METALLIC DRESS

A versatile A-line silhouette in silvery blue with strappy flats will get plenty of play. "I still shoot hoops with friends—basketball reminds me how to have fun," Mahary says.

DRESS Calvin Klein Collection, \$3,495

SANDALS Chanel, \$1,950

Hair, Leon Gorman for Cutler/NYC; makeup, Serge Hodonou at Frank Reps; manicure, Riwako Kobayashi for Chanel Le Vernis. See Get-It Guide.



PHOTOGRAPHED
BY JASON KIM

STYLED BY
LINDSEY FRUGIER

BACKSTORY

On *The Walking Dead*, Danai Gurira is known for her dreadlocks, but her amazing arms steal the spotlight here.

TOP T by Alexander Wang
PANTS Nike

BODY IN BALANCE

When your muscles work together in perfect harmony, you not only prevent injury but also maximize performance. And there's a big bonus: You get an even more sculpted, symmetrical (and yes, beautiful) body.

BY NATALIE GINGERICH MACKENZIE

Runners gotta run. Spinners gotta Spin. Dance-cardio girls gotta dance. But when you favor certain workouts, you also favor the muscles those workouts target. The problem? Eventually your body develops imbalances as stronger muscles are overworked (becoming tight) and weaker muscles are neglected (becoming weak). So your body can't perform at its best.

Case in point: Running with elbows bent flexes the biceps for the entire workout. "That creates a short, tight muscle," says personal trainer Louis Coraggio, creator of Body Architect in New York City. "Your triceps become overstretched and slack." Arms will be less powerful as they work to pump you through your runs and up hills. (The fix: triceps dips or kickbacks.)

So if you tend to Spin five days a week or have a regularly scheduled jog, you risk overusing certain muscles, which can impede any gains you'll see from your favorite activity. "We all know we should mix it up," says Dylan Schenk, co-owner of Hollywood fitness studio Cross Train. "But it's easy to get into one thing." When Schenk persuaded her clients to ditch the workout tunnel vision—power lifters added some yoga, cardiophiles used kettlebells—they saw more results in less time, she says.

It's not just our exercise routines that create imbalances—it's our daily lives, too. Blame your desk, your smartphone or your heavy handbag, but hunched backs and rounded shoulders are the norm. That holds you back in workouts, plus it sets

you up for aches and pains. "More people than ever have some type of injury," Coraggio says. "Almost every client has something going on, or they have poor posture that will lead to an injury."

Simple balancing tweaks can help. "We mostly work in the sagittal plane—that is, moving forward," Coraggio says. For runners and cyclists especially, he adds side-to-side or twisting movements—like side lunges and trunk rotations. And no matter what activity you love, try jumping rope for a few minutes a few times a week, says physical therapist Gray Cook, author of *Athletic Body in Balance*. It requires excellent posture and alignment, which can counteract the repetitive motions of other activities. You'll be a better [insert your favorite activity here] because of it.

LIFE IN BALANCE

THE WALKING DEAD'S DANAI GURIRA

If you're among the nearly 20 million viewers who watch actress Danai Gurira fend off zombies as Michonne on AMC's hit show *The Walking Dead*, you've seen grace in action. The exactness and speed with which she wields her samurai sword, or katana, takes not only incredible strength but also perfect equilibrium. "The power comes from the way you pivot your hips. Your feet have to be well placed, your shoulders dropped, your core engaged. And your arms have to be very precise," says Gurira, who once took down 24 walkers in a single highly choreographed scene. And she's not playing with some lightweight prop. "My katana is solid steel, so it's like swinging a 5-foot-long dumbbell," she says.

Strength isn't just physical for Gurira; it's a mental asset, too. "I've always been a bit of a tough chick," she says. "That's what made me work for the part of Michonne." She pushes herself to get stronger, faster and more flexible, so she can take on challenges without fear of injury or failure. "Taking care of my body, knowing I'll never get another, is one of my top priorities," says the 37-year-old, who grew up in Zimbabwe swimming, running track and playing tennis and field hockey. "I'm happiest when I feel strong," she says. "And I do what I need to do to get there."

That's why Gurira always makes time to sweat—even with 14-hour filming days. This is in addition to her career as an award-winning playwright, which includes a drama she put on at Yale this past winter, plus a TV pilot she's been commissioned to write. "There's always enough time in the day to get in a 20-minute workout," she says. To make it easier, she keeps practice swords in the trunk of her car, so she can keep in shape whenever and wherever she goes. "I've trained in my garage, my living room, in a pool and even an underground

parking garage," she says. "It never stops!"

She also keeps a mat, dumbbells and Jillian Michaels workout DVDs in her trailer, allowing her to make the most of any unexpected downtime on-set. "Her workouts make me feel stronger and faster, and they give me more endurance," Gurira says, adding, "Jillian and Michonne would be a fantastic team. They'd definitely be on the same side!" When she has a little more free time and wants to feel more "open and loose," she'll hit the elliptical, throwing in crunches and squats here and there, or the pool, where she swims freestyle and breaststroke laps.

Cross training is the key to maintaining her form and functionality. "It's part of feeling like I'm balanced," she says. "I just listen to my body and do what I feel it wants to do." Her pilates practice has also played a big role in keeping everything aligned. "My instructor can see my weaknesses. For instance, I learned that I was favoring my left knee. So we worked to strengthen one side until it matched the other." Her instructor, Nancy Karr at Ballet Bodies in West Hollywood, says Gurira's strength and balance benefit from her ability to tap into her large and small muscles simultaneously. "She's in tune with every muscle in her body."

Though Gurira loves how exercise makes her look and feel, she admits that particularly tough pilates classes test her and that she sometimes hits a wall while doing cardio. "I scream through it. Or I yell, 'C'mon, Gurira!' It's hard-core, but I dislike the idea of ever being a quitter," she says. "I like to be a finisher. I get really pushed by that. I don't want to feel like I've half-assed anything. At the end of the day, it's about knowing I gave it all I could give." Not much is tougher than that. —Erin Bried

IS YOUR BODY BALANCED? TAKE OUR TEST

This no-equipment-needed series, created by Dylan Schenk of Cross Train studio in Hollywood, targets potential imbalances that, over time, can lead to pain and injury. Try adding it to your warm-up three to four times a week.

1/OVERHEAD SQUAT

TESTS Range of motion in the hips, back and shoulders
TRY IT Stand with feet hip-width apart, holding a light bar overhead (a yoga strap or broomstick works). Bend knees and sit back to squat, keeping body upright.
ACE IT Do 10 reps, aiming to get hips below parallel without leaning forward.

2/SINGLE-LEG LIFT

TESTS Glutes and core strength; balance
TRY IT Balancing on right leg, bend knee gently as you hinge forward and reach left hand to floor in front of right foot. Then stand up.
ACE IT Do 10 reps without losing your balance or, even better, without wavering. Repeat on opposite side.

3/ALTERNATING PLANK LIFT

TESTS Core strength
TRY IT Do a plank on forearms and toes. Lift right arm and left leg; extend, then lower them.
ACE IT Do 10 reps per side, alternating sides, imagining that you're balancing a full glass of water on your lower back. Keep your torso stationary so that the glass doesn't spill.

4/SINGLE-LEG BRIDGE

TESTS Core, back and hip strength
TRY IT Lie on back, arms at sides, knees bent, feet flat. Lift left foot, knee bent 90 degrees. Lift hips; pause, then lower.
ACE IT Do 10 reps, keeping hips level instead of dipping them as you lift and lower. Repeat on opposite side.

5/SHOULDER STRETCH

TESTS Shoulder and chest mobility
TRY IT Stand with feet hip-width apart. Reach right arm up, left arm down. Bend elbows behind back, reaching fingertips toward each other in middle of upper back.
ACE IT Hold for 30 seconds, working to clasp your hands together. Repeat on opposite side.

FIND YOUR POWER

Free weights and your body weight are best for all-over toning. Strength training machines target specific muscles instead of whole muscle groups, which can lead to imbalances.

STRONG CENTER

"If you exercise right, you're always hitting your core—abs are part of any workout," Gurira says.

BODYSUIT Alix





FOOD
WARS

WHAT'S
SO
WRONG
WITH

WHEAT

It's become one of the most controversial foods on the planet for its notorious protein—gluten—which some say causes everything from obesity to depression. SELF investigates the truth (and consequences) behind the claims.

BY CATHERINE PRICE



At?

In the spring of 2014, Sheela Pai stopped eating wheat. The 35-year-old New York City attorney had spent years suffering from vague and seemingly unrelated symptoms, including fatigue, breakouts, swelling and a ravenous hunger that hit her an hour or so after certain meals. Eventually, she wondered if there might be a connection between these symptoms and her diet. After several unsuccessful experiments with other foods, she decided to try cutting out wheat. When she did, it changed her life.

“I’d lost weight in the past, but this was different,” Pai explains. “The pounds peeled off, and for the first time, I stopped experiencing 3 P.M. energy crashes and began to sleep soundly. My skin cleared up. My body felt less inflamed, and I actually saw the results of all my exercise.” Her mood brightened. Friends said she seemed like a different person.

Pai hadn’t been tested or diagnosed by a doctor with any wheat-related disease, but she noticed that whenever she indulged in more than a few wheat-based foods a week, her symptoms returned. Today, she’s still wheat-free and intends to make the change permanent. “You don’t know how good you can feel,” she says, “until you feel it.”

Pai is hardly alone in finding salvation in a wheat-free diet. Today in America—where we sing patriotic songs about our amber waves of grain and consume products that contain wheat at nearly every meal—we’re in the midst of a rebellion against wheat and,

**PHOTOGRAPHED
BY RYAN LIEBE**

more specifically, a wheat-derived protein called gluten. This revolution was largely influenced by two enormously successful books—William Davis’s 2011 *Wheat Belly*, which has sold more than a million copies, and David Perlmutter’s 2013 best seller, *Grain Brain*. The authors’ claims have been seized on by everyone from wellness experts to food bloggers and have convinced many people that wheat, our most staple and beloved food, is doing us harm.

Celebrities including Gwyneth Paltrow, Miley Cyrus and Russell Crowe have extolled their experiences going gluten-free, but adherents reach far beyond the rich and famous. According to recent market research, an estimated 30 percent of Americans claim to be trying to reduce or cut gluten from their diets, and 63 percent believe that a gluten-free diet can improve physical or mental

An estimated 30 percent of Americans claim to be trying to reduce or cut out gluten, and 63 percent believe a gluten-free diet can improve health.

health. The backlash against gluten has become so mainstream that even regular supermarkets now stock a wide selection of gluten- and wheat-free products, including breads, pastas, pretzels, cakes, soups and snack bars. The Girl Scouts sell gluten-free cookies. Even Hooters has a gluten-free menu. In 2014, the gluten-free market in America brought in an estimated \$8.8 billion in sales.

If you believe the claims of *Wheat Belly* and *Grain Brain*, we should all harbor suspicion toward sandwiches. Perlmutter, M.D., a neurologist, claims to have “undeniably conclusive” evidence that, thanks in large part to gluten, “modern grains are silently destroying your brain.” Davis, M.D., a cardiologist, goes even further, stating in his introduction that he “will make the case that the world’s most popular grain is also the world’s most destructive dietary ingredient.” The books blame wheat for a laundry list of ailments: irritable bowel syndrome, an increased risk for breast cancer, weakened bones, diabetes, heart disease, arthritis, depression, migraines, premature aging, schizophrenia, epilepsy, Tourette’s syndrome, memory problems, anxiety and insomnia. On top of all that? Wheat supposedly makes you fat.

As a journalist who’s spent the past three years

writing a book about America’s obsession with vitamins, I was tempted to brush off the entire movement as a fad, the latest in our endless quest to find a single culprit for all our health and weight woes. But then I encountered people like Pai, who don’t have a specific medical diagnosis yet really do feel better when they avoid wheat and gluten. What is it about wheat that could be causing their problems—and could it affect the rest of us? I wanted a science-based answer to a self-interested question: Is the baguette in that restaurant bread basket a delicious treat? Or a serious health threat?

But I soon discovered something strange: While there are scads of personal testimonials about the benefits of going gluten-free, few scientists who specialize in wheat and its related health issues have weighed in on the debate in the popular press. (Davis and Perlmutter both have medical degrees, but neither is specifically trained in treating wheat-related disorders or has published major research on wheat and gluten in peer-reviewed journals.) Alessio Fasano, M.D., director of the Center for Celiac Research & Treatment at MassGeneral Hospital for Children in Boston, whose work is often cited by Drs. Davis and Perlmutter, ascribes the silence to a shared opinion among many specialists that the antigluten arguments are “so out of line with reality, it’s not even worth engaging in discussion.” But as Dr. Fasano acknowledges, this tactic has been counterproductive. If the experts in wheat and its health effects are not speaking up, how is the public supposed to know what to trust? So I set out to find some of these experts to ask them to tell me the true story of what we do—and don’t—know about wheat.

WHEN WHEAT IS TOXIC

Let’s start with facts everyone can agree on. There are some people who should *definitely* avoid wheat—and that’s anyone with celiac disease or a wheat allergy. Celiac disease is an incurable, inherited autoimmune disorder that often occurs alongside other autoimmune conditions like thyroiditis and type 1 diabetes. It causes the immune system to mistakenly become activated by gluten, which is a sticky combination of multiple types of protein molecules found in wheat. (Rye and barley contain similar proteins that people with celiac must also avoid, but for our purposes we’ll just focus on wheat and gluten.) The only treatment for celiac disease is a 100-percent-gluten-free diet for life.

A truly gluten-free diet is, as Dr. Fasano puts it, “no walk in the park.” Gluten is what makes baked goods so delicious: It gives bread its chewy texture and, by trapping carbon dioxide, helps bread rise. But following a gluten-free diet goes far beyond avoiding doughnuts and crackers, given that gluten is used as

a binder in a wide variety of manufactured products, including soy sauce, salad dressings, dietary supplements and even Communion wafers and beauty products like lipstick. People with celiac have no choice: When they consume even the tiniest amount of gluten, their immune systems attack their bodies' own tissues—particularly the lining of the small intestine, which plays an essential role in absorbing nutrients from food. The resulting damage can cause weight loss and dangerous deficiencies in vitamins and minerals, as well as short-term symptoms like diarrhea, gas and constipation. (Celiac disease isn't always obvious, producing subtler symptoms like fatigue and stomach pain, which is one reason 83 percent of those who have the disease don't know it.) Left untreated, celiac is associated with long-term health issues, including osteoporosis, intestinal cancers, infertility and even early death.

There are also people who suffer from a wheat allergy, in which a different branch of the immune system—the part that makes you react to cat dander or pollen—is triggered when exposed to wheat, causing symptoms like wheezing, hives, stuffy nose and lip swelling. Unlike celiac, which is permanent, a wheat allergy often goes away on its own—almost two thirds of children who've been diagnosed outgrow it by the time they're 12.

Celiac disease and wheat allergies are proof that wheat really is toxic for certain people—and the rates of celiac in America have mysteriously climbed over the past 50 years. Nonetheless, both conditions are rare: Celiac is thought to affect about 1 percent of the population, and wheat allergies less than 1 percent of U.S. adults. What, then, to make of the 30 percent of Americans who claim they want to cut back on gluten? Do they really have a problem with wheat?

UNLEAVENED EVIDENCE

It's easy to conclude that for everyone else, the gluten-free trend is nothing but hype. But this doesn't actually seem to be true. Instead, celiac experts now acknowledge that there are people who have legitimately bad reactions to wheat and gluten, even though they've never been diagnosed with celiac or a wheat allergy. "We know something is happening," says Joseph Murray, M.D., gastroenterologist at the Mayo Clinic in Rochester, Minnesota, and president of the North American Society for the Study of Celiac Disease. Like Dr. Fasano, he has been treating wheat-related disorders for the past quarter century. "We just don't know exactly what it is." None of the scientists I spoke to would commit to a firm estimate of how many people are afflicted, but they all agreed it's likely far less than 30 percent; according to one academic paper, estimates range from 0.5 percent to 6 percent, "based on poorly conducted studies and

FOUR GLUTEN MYTHS

myth **GLUTEN-FREE FOODS ARE HEALTHIER**

truth Processed gluten-free foods often contain more sugar, fat and salt to make up for the gluten, which adds chewiness to foods. Compared with most regular bread, gluten-free types are not usually fortified with iron or essential vitamins.

myth **GLUTEN AND WHEAT SENSITIVITIES ARE CAUSED BY GENETICALLY MODIFIED WHEAT**

truth There are no genetically modified wheat varieties commercially available in the United States (unlike corn and soybeans).

myth **WHOLE-WHEAT BREAD HAS LESS GLUTEN THAN WHITE**

truth By trapping pockets of air in the dough, gluten helps bread rise. Since whole-wheat flour is heavier than white, industrially manufactured whole-wheat bread can often have added gluten.

myth **RYE AND BARLEY ALSO CONTAIN GLUTEN**

truth Rye and barley contain proteins similar to those found in gluten—and must be avoided by those with celiac—but they don't actually contain the type of protein found in wheat.

on definitions of the disease that vary widely from one report to another."

For these people, eating wheat or gluten can lead to celiac-like symptoms, such as gas, bloating and diarrhea. But it can also cause problems like headaches, joint pain and numbness in the fingers and toes. There's no test for this condition—instead, its diagnosis is based on what you *don't* have (celiac), a substantial improvement in symptoms when you stop eating gluten or wheat and a return of problems if you start eating them again.

This syndrome is commonly referred to as non-celiac gluten sensitivity, or NCGS, and its acceptance by the scientific community has been immensely reassuring to those who suffer from it. However, it's not clear if this condition is caused by gluten in particular, in part because so many of the claims about gluten are themselves disputed.

For instance, there's a persistent belief among the antigluten camp that wheat-related health

“The vast majority of people who embrace a gluten-free diet have no medical necessity to do so,” one expert says.



woes can be explained by changes in the grain from breeding methods used over the last half century. Dr. Davis, for one, claims in his book that wheat has been “stretched, sewed, cut and stitched back together to yield something entirely unique, nearly unrecognizable when compared to the original and yet still called by the same name: wheat.” But I was unable to find a wheat expert who believes that gluten or other proteins in wheat have changed substantially over the past century—let alone in a way that might explain the rise of celiac disease or NCGS. Instead, according to Brett Carver, Ph.D., professor of wheat breeding and genetics at Oklahoma State University, the biggest changes in wheat have occurred slowly, as a result of thousands of years of evolution and human domestication—not a half century of wheat breeding.

Antigluten enthusiasts will also tell you that today’s wheat has a higher gluten content than the wheat our grandparents ate, and that this gluten is less well tolerated by our bodies. But as Carver put it to me, “There is simply not an ounce of substantial evidence to support the claim that the gluten in today’s varieties is less tolerable than when the modern wheat-breeding era began.” And Donald Kasarda, Ph.D., a retired research chemist at the USDA Agricultural Research Service who’s been studying wheat proteins for more

than 40 years, concluded in a recent paper that the gluten content of America’s wheat has not increased significantly over the past century—if anything, it may be *lower* than before.

For these reasons, among others, some wheat and celiac experts wonder whether nonceliac gluten sensitivity is a misnomer, and if instead we’re assigning an overly specific name to an ailment—or collection of ailments—that aren’t related to gluten at all. It’s theoretically possible that the symptoms of NCGS are caused by a different protein in wheat, but so far no other problematic protein has been found. They could be caused by chemicals commonly found in foods that contain gluten, but none have been identified. They could be the result of a different gut-related disorder, like irritable bowel syndrome. There may be some other change in our environment that’s oversensitizing our immune systems. Nobody knows. As Dr. Fasano puts it, “We are now with NCGS where we probably were with celiac disease 40 years ago.”

That said, most experts I spoke with say it’s conceivable that the quantity of wheat-based and gluten-containing products Americans consume today might be making a difference. While our average per capita consumption of

WRONG WITH WHEAT? > 112

THE SMART WAY TO GO **GLUTEN-FREE**

If you suspect you’re sensitive to wheat, you might be tempted to experiment with a gluten-free diet on your own. But that could be a bad idea: You might miss a serious health condition that you mistakenly attribute to gluten or wind up adopting a much more restrictive diet than is necessary. As celiac researcher Daniel Leffler, M.D., explains, “It’s not like a gluten-free diet is a totally normal diet without gluten. It’s actually a totally different diet.” Instead...

GET TESTED by a doctor—preferably a gastroenterologist—for celiac disease, which involves a blood test

for specific antibodies and, if that’s positive, a biopsy of the small intestine. (Tests that use saliva or fecal samples aren’t as reliable.) Do this *before* changing your diet, because if your body hasn’t recently been irritated by gluten, the test won’t be positive. If you do have celiac, work with a specialist to correct any nutritional deficiencies and to adopt a strict gluten-free diet going forward.

RULE OUT OTHER ISSUES. If your celiac results are negative, work with your doctor to rule out other chronic ailments like Crohn’s disease, colitis and fructose intolerance.

STILL FEEL LOUSY ON GLUTEN? Find a nutritionist who can help you with other dietary strategies, like a low-FODMAP plan (see page 112) or reduced-wheat-or-gluten diet. The goal is to improve your symptoms with as few dietary restrictions as possible. Wheat, gluten and enriched flour are major sources of fiber, iron and B vitamins, including folic acid—key for women of childbearing age. If you cut them out, you’ll need to find healthy replacements—and that doesn’t just mean gluten-free breads. Try swapping in more vegetables, fish and minimally processed meat and dairy.



OUR “FOOD WARS” SERIES CONTINUES Stay tuned for our June issue and read our next investigation into the most *to-eat-or-not-to-eat?* foods on our plate.

HEAD STRONG

A bold signature hairstyle can do more than turn heads. As these four women reveal, choosing a unique cut, color or style can transform your life, too.

BY FIORELLA VALDESOLO

It's no coincidence that some of the most iconic women of all time are known for having knockout hair. Try to imagine Louise Brooks roaring through the '20s without that fiercely independent bob. Madonna minus her blonde ambition: unfathomable. And what of those softer—yet no less sexy—looks? Think of Jane Birkin's tousled bangs or Gisele's effortless waves (which can launch a thousand likes on her Instagram feed). What they all have in common: The hair's the thing.

That idea was everywhere at spring fashion shows, where models marched down the runways with hair styled to look how *they* wanted it to be—Eddie Campbell with her choppy, untamed shag

and Soo Joo Park with rooty, platinum layers. The message was loud and clear: Now is the time to toss your head—and make your mark.

And when you do, others will take note. "Hair influences how people see you," says Arthur Markman, Ph.D., professor of psychology at the University of Texas in Austin. In fact, surveys show that it's one of the first things people notice—within seven seconds of meeting you, says Vivian Diller, Ph.D., a psychologist in New York City and author of *Face It: What Women Really Feel as Their Looks Change*. As the women on these pages demonstrate, striking out on your own with your hair can make you feel more beautiful—and even more like yourself.

PHOTOGRAPHED BY TOM SCHIRMACHER / STYLED BY CHARLES VARENNE

HAIR: GAVIN HARWIN AT ART DEPARTMENT; MAKEUP: SERGE HODONOU AT FRANK REPS; MANICURE: MAKI SAKAMOTO AT KATE RYAN; PROP STYLING: MARK CHANDLER AT ART DEPARTMENT; MODELS: WANG XIAO AT WILHELMINA, JENELLE FIGGINS, SAMANTHA FIGGINS, MEEGAN WARNER. SEE GET-IT GUIDE.



**WANG XIAO,
MODEL**

"I get trims every two months to maintain my cut."

BEAUTY NOTE

To fend off split ends, try Garnier Fructis Full & Plush Ends Plumper Amplifying Leave-In Serum, \$6.

DRESS Halston Heritage

**SAMANTHA
AND JENELLE
FIGGINS,
DANCERS**

"We like natural oils to keep our hair soft," says Samantha (left).

BEAUTY NOTE

For extra shine, massage in Motions Indulgent Oil Spray for Hair & Scalp, \$7.

BODYSUITS Michael Kors



THE CUT THAT IGNITED A CAREER

Wang Xiao moved from Beijing to New York City to pursue modeling in 2010. But after a few months, she felt as if she blended in with everyone else at casting sessions. “My hair was long, and there wasn’t anything about me that really stood out,” she says. She flew back home and decided to chop her below-the-shoulder locks. “I wanted to look different and really show off my personality,” Wang explains. Her best friend, David Tian, who is a hairstylist in Beijing, gave her a dramatic bowl cut. “Initially my agent in New York thought I was crazy,” she says. “But a month later, I got my first campaign for CK One, shot by Steven Meisel.” The 34-year-old Wilhelmina model has kept her hair short ever since and racked up campaigns for Christian Dior and Giorgio Armani. “Cutting my hair changed a lot in my life. It was like my second life of modeling—I became a new face!” Wang says. “Suddenly everyone saw what I saw.”

THE TEXTURE THAT STOOD OUT

Growing up as twin sisters, Samantha and Jenelle Figgins, 25, often wore their hair in matching cornrows. In high school, they both started dancing seriously, which left little time for intricate braiding, so they chemically straightened their strands. “It was easier, but I didn’t feel like myself,” Samantha admits. A few years later, the sisters ditched the fake-straight look in favor of letting their naturally tight curls emerge. “I felt free!” Samantha says.

For Jenelle, it boosted her confidence. “I was able to see my face, finally, at a time when I was coming into my own,” she says. After graduating from college, the sisters signed up with prestigious dance companies: Jenelle with the Dance Theatre of Harlem, where she earned the 2014 Princess Grace Award, for emerging talent; and Samantha with the Alvin Ailey American Dance Theater. “A lot of African-American women, and the majority of black ballet dancers, have perms or have had their hair chemically processed,” Jenelle says. “It’s striking to be a black dancer in the ballet field in the first place, but choosing to hold on to who you naturally are in that scene is even more empowering.”

THE COLOR EVERYONE TALKS ABOUT

Actress Meegan Warner’s strawberry blonde hair has long been a source of



**MEEGAN WARNER,
ACTRESS**

“My blonde-red color stays vibrant—I just shampoo it!”

BEAUTY NOTE

A clarifying wash, like Pantene Pro-V Aqua Light Clean Rinse Shampoo (\$5), removes residue.

**"KNOWING WHAT LOOKS GOOD ON YOU
AND MAKES YOU FEEL MOST CONFIDENT IS,
IN AND OF ITSELF, A BOLD STATEMENT."**

fascination. “I find people are confused by what color it actually is,” she says with a laugh. “I’ve heard it described as red, orange, blonde, brown.” Yet growing up in Newcastle, Australia, she never felt pressured to change it. When Warner started acting in school plays, she kept her strawberry blonde hue for every part—something she’s continued to this day. “I’m sure I’ve lost out on roles because of my hair color,” she says, “but I try not to let that worry me and just concentrate on putting out good auditions.” Clearly, it’s worked: Last spring, the 23-year-old

was cast as Mary Woodhull in AMC’s *Turn: Washington’s Spies*, a historical spy-thriller series. “I did have a moment where I wanted to try something darker, but I never went through with it,” she says. “I think there’s something radical about never changing your hair.”

Of course, finding your signature look, and one that sticks, can take more than a few attempts. “It’s very individual,” Diller says. “It’s not about following some trend. It’s about knowing what looks good on you and makes you feel most confident—and that, in and of itself, is a bold statement.” ●

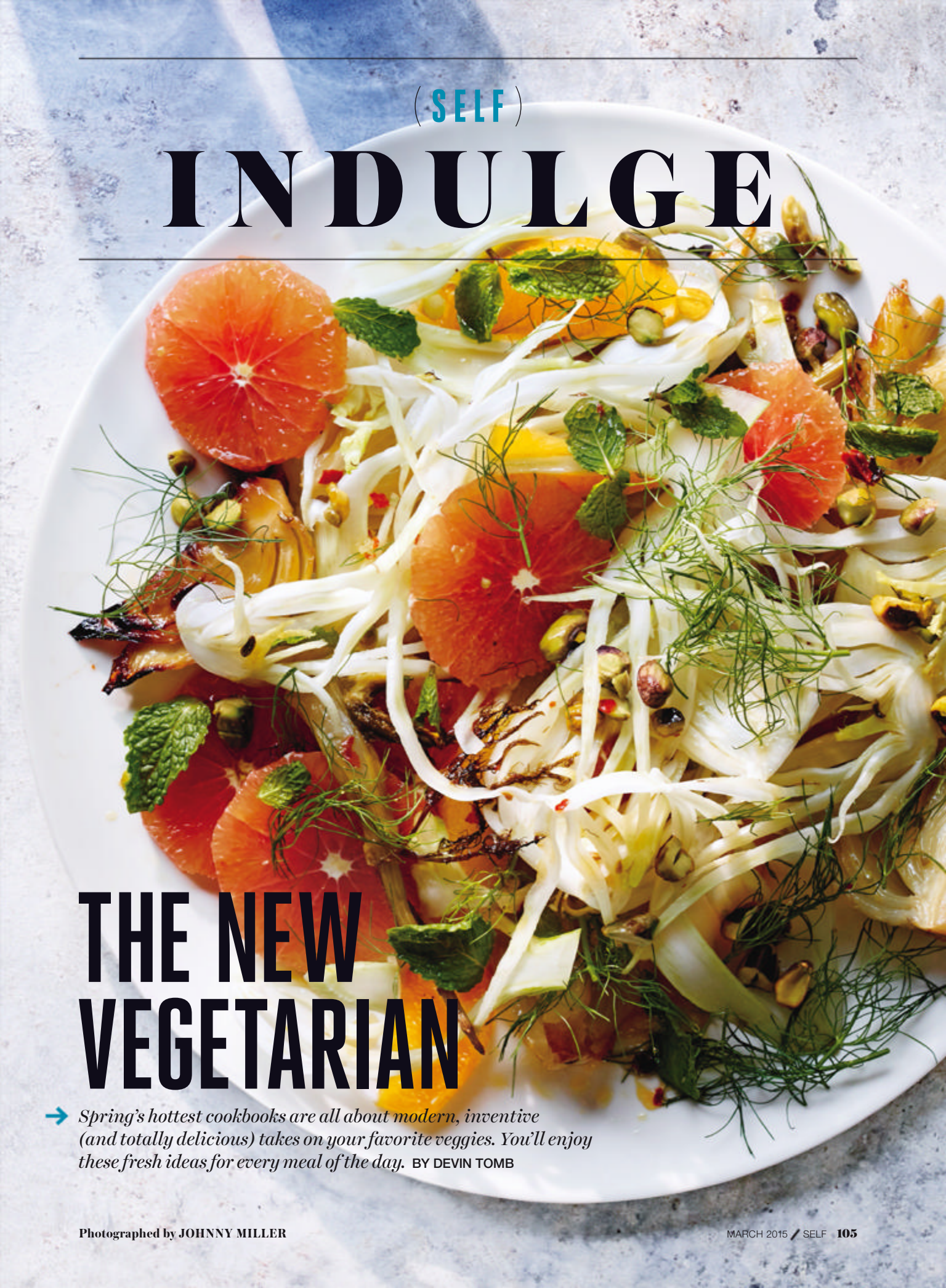
You Drink More Water When It's Exciting.
+3 Glasses a Day!



A recent study among Americans revealed that people with a **SodaStream** consume **3 more glasses of water** and water-based drinks per day.* That's because **SodaStream** makes ordinary water exciting and more fun to drink, by turning it into sparkling and flavored sparkling water in seconds. Now **that's** exciting!

sodastream
water made exciting

*US Water study 2014: Toluna, a leading market research firm, conducted the survey online with 3,680 nationally representative U.S. adults ages 18+ between November 2 - November 6, 2014



(SELF)

INDULGE

THE NEW VEGETARIAN

→ *Spring's hottest cookbooks are all about modern, inventive (and totally delicious) takes on your favorite veggies. You'll enjoy these fresh ideas for every meal of the day.* BY DEVIN TOMB

BREAKFAST

The Ranch at Live Oak Cookbook (\$35) shows you how to re-create the spa's healthy but indulgent food, like this veggie-packed pairing, at home.

<< GREEN SMOOTHIE

In a blender, puree 1 cup pineapple, 1 cup romaine, ½ cup sliced celery and a 1¼-inch piece of peeled fresh ginger with ¼ cup water until smooth. Serves 1.

<< BLISTERED TOMATO AND SPINACH SCRAMBLE

Red pepper flakes kick up the flavor.

**ROASTED AND >>
RAW FENNEL
SALAD WITH
BLOOD ORANGE**

*Cooking fiber-rich fennel
brings out its sweetness.*

**<< CURRIED
PARSNIP SOUP**

*Apples brighten this creamy,
coconut-infused dish.*

**CRUSHED >>
SPRING PEAS
WITH MINT**

*Spread on grilled
bread for a tasty side.*

LUNCH

Star chef April Bloomfield brings her culinary genius to garden-fresh fare in *A Girl and Her Greens* (\$35). Try this hearty take on soup and salad.



(SELF) INDULGE

<< **QUINOA
RISOTTO
WITH GRILLED
SCALLIONS
AND ARUGULA**
*Scallions are loaded
with vitamin K.*

DINNER

Chef-slash-blogger Sarah Britton's *My New Roots* (\$28) offers seasonal recipes with gourmet twists that are both special and satisfying.



**DANDELION >>
GREENS
WITH POACHED
RADISHES**

*Spicy greens add bite to
mellow, tender radishes.*

BEAUTY with BENEFITS

Make a difference in the lives of people who are living—and working—with cancer. Shop QVC and CEW Present Beauty with Benefits for cosmetics and more. 80% of your purchase price of donated merchandise benefits Cancer and Careers.

*A little makeup
can make a big difference.*

Sonia Kashuk
makeup artist & entrepreneur

Cindy Crawford
model & entrepreneur

QVC® & CEW Present **BEAUTY WITH BENEFITS** ♥ Tune in **WEDNESDAY, APRIL 15 at 10pm ET**



Algenist / bareMinerals / Bobbi Brown Cosmetics / CHI / Clarins / Clinique / Dior / Dr. Denese / Dr. Dennis Gross / Edward Bess / Fresh IT Cosmetics / Josie Maran / Laura Geller / Links of London / Mally / Perricone MD / philosophy / Shiseido / tarte / TULA / WEN

QVC.com



SPECIAL THANKS TO CINDY CRAWFORD AND SONIA KASHUK FOR THEIR SUPPORT. A public service announcement. Show dates, times, offers, and availability subject to change without notice. ©2014 QVC, Inc. QVC, Q and the Q Ribbon Logo are registered service marks of ERI Marks, Inc.

Blistered Tomato and Spinach Scramble

SERVES 4

- 4 tsp extra-virgin olive oil, divided
- 1 pint grape tomatoes (about 2 cups)
- 1 garlic clove, finely chopped
- 6 cups lightly packed spinach leaves
- ½ cup chopped scallions
- 1 tbsp fresh thyme, chopped
- Crushed red pepper flakes
- 6 large eggs, beaten

Heat 2 tsp oil in a large, heavy, well-seasoned skillet over medium-high heat. Add tomatoes and garlic and cook, stirring occasionally, until tomatoes are lightly browned and blistered, about 4 minutes. Transfer to a bowl. In the same skillet (do not wash), heat remaining 2 tsp oil. Add spinach, scallions, thyme and a pinch of red pepper flakes; sauté until spinach is tender, about 5 minutes. Arrange spinach evenly over surface of skillet. Scatter blistered tomatoes over spinach and season with salt and pepper. Pour eggs over vegetables and remove from heat. Immediately stir with a heatproof spatula until eggs are gently scrambled, about 1 minute. Serve hot.

Recipe (and green smoothie on same page) adapted from *The Ranch at Live Oak Cookbook* by Alex Glasscock and Sue Glasscock. Reprinted by arrangement with Rizzoli. Copyright © 2015 by Rizzoli.

Roasted and Raw Fennel Salad With Blood Orange

SERVES 4

- 4 large fennel heads, outer layer and stalks removed, tender fronds reserved, divided
- 2 medium garlic cloves, finely chopped
- ½ tsp fennel seeds, coarsely crushed
- Crushed red pepper flakes
- ¼ cup plus 2 tbsp extra-virgin olive oil, divided
- 1½ tsp flaky sea salt, divided
- 4 blood oranges (or cara caras)
- 1 tbsp lemon juice
- Handful of mint leaves, coarsely chopped
- ¼ cup shelled roasted unsalted pistachios, coarsely crushed

Preheat oven to 450°. Cut 2 fennel heads into 1-inch-wide wedges. In a bowl, combine wedges with garlic, fennel seeds, a pinch of red pepper flakes, ¼ cup olive oil, ½ tsp salt and ¼ cup water; toss well. Spread in a baking dish and cover with foil. Roast until tender, about 30 minutes. Remove foil and roast 3 to 5 minutes more; cool. Halve 1 orange and squeeze out 3 tbsp juice; set aside. Peel remaining oranges and cut into ¼-inch slices. In a small bowl, whisk together orange juice, lemon juice, pepper to taste, mint, remaining 2 tbsp olive oil and remaining 1 tsp salt. Slice remaining 2 fennel heads

crosswise into ¼-inch-thick slices and separate layers. Toss raw and cooked fennel (and any brown bits left in roasting pan) with dressing in a large bowl.

Very coarsely chop reserved fennel fronds. Add fronds and pistachios to bowl and toss again. Arrange half the fennel mixture on a platter and top with orange slices. Add remaining fennel and oranges in another layer. Season with salt and serve.

Curried Parsnip Soup

SERVES 6

- 6 tbsp extra-virgin olive oil
- 3 large shallots, halved lengthwise and thinly sliced
- 4 medium garlic cloves, halved and thinly sliced
- 2½ lb parsnips, peeled, ends removed and cut into 1-inch pieces
- 3 sweet-tart apples, such as Empire, peeled, cored and cut into 1-inch pieces
- 2 tsp garam masala (found at Indian markets)
- 4 tsp flaky sea salt
- 1 cup canned coconut milk, well stirred
- ½ cup heavy cream

Heat oil in a medium pot over medium-high heat. Add shallots and cook, stirring and scraping pan frequently, until dark brown at the edges, about 10 minutes. Add garlic and cook, stirring frequently, until light golden brown, 2 to 3 minutes. Add parsnips, apples, garam masala, salt and 5 cups water. Stir well. Increase heat to high, bring to a boil, then reduce heat and simmer 20 minutes. Add coconut milk and cream. Simmer until parsnips and apples are soft, about 45 minutes more. Process with an immersion blender (or transfer to a standard blender in batches) until smooth. Garnish with fried shallots and season with pepper, if desired. Serve hot.

Crushed Spring Peas With Mint

SERVES 4

- 2 cups shelled English peas
- 1 oz aged Pecorino Romano, finely grated
- 1½ tsp flaky sea salt, plus more to taste
- 1 small garlic clove, smashed
- 12 mint leaves (preferably black mint)
- 3 tbsp extra-virgin olive oil
- 2 tbsp lemon juice, plus more to taste

Combine ingredients in a blender or food processor and pulse to a coarse puree. Scrape into a bowl and stir. Season with additional salt and lemon juice, if desired. Serve with grilled bread.

Recipes adapted from *A Girl and Her Greens* by April Bloomfield. Reprinted by arrangement with Ecco, an imprint of HarperCollins. Copyright © 2015 by Ecco.

Dandelion Greens With Ghee-Poached Radishes and Smoked Salt

SERVES 4

- ¼ cup ghee (found at Indian markets) or butter
- 4 garlic cloves, finely chopped
- 1 lb radishes, tops removed, halved lengthwise
- Fine sea salt
- 4 tsp apple cider vinegar
- 4 tsp raw honey (or pure maple syrup)
- 6 cups dandelion greens
- Smoked sea salt

In a large skillet over medium heat, melt ghee. Add garlic and sauté 1 minute. Add radishes, cut side down, and a pinch of salt; sauté until radishes are slightly translucent, about 10 minutes. Drizzle vinegar over radishes and toss. Remove from heat and drizzle with honey. Arrange a bed of dandelion greens on each plate, top with radish halves and dress with pan drippings. Season with smoked sea salt and serve.

Quinoa Risotto With Grilled Scallions and Arugula

SERVES 4

- 2 tbsp coconut oil, divided
- 6 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 2 cups quinoa, well rinsed
- 5 cups vegetable broth, heated
- 5 oz Pecorino Romano, grated, plus more to taste
- 6 cups arugula
- Fine sea salt and freshly cracked black pepper
- 8 scallions, tops trimmed
- Cold-pressed olive oil

In a large saucepan over medium heat, melt 1 tbsp coconut oil. Add shallots and sauté until soft and translucent, about 4 minutes. Add garlic and quinoa, stir to coat and cook about 1 minute. Add broth and bring to a boil. Reduce heat, cover and simmer until quinoa is tender but slightly undercooked, 12 to 14 minutes. Fold in Pecorino Romano and cook until quinoa is al dente and some broth remains. Remove from heat and fold in arugula. Season with salt and pepper. Heat a grill or a cast-iron skillet to medium high. Rub scallions with remaining 1 tbsp coconut oil and grill, turning once, until tender and slightly charred, 7 to 10 minutes. Spoon quinoa onto plates; top with scallions and more Pecorino Romano, if desired. Drizzle with olive oil and season with pepper to taste. Serve hot.

Recipes adapted from *My New Roots* by Sarah Britton. Reprinted by arrangement with Clarkson Potter, an imprint of The Crown Publishing Group. Copyright © 2015 by Clarkson Potter.



Follow the crumbs.
They will take you home.



WRONG WITH WHEAT?

CONTINUED FROM 99



wheat flour has actually declined over the last 130 years, wheat-based products like bread, cookies and pastries contribute the most calories to the American diet—and our overall calorie consumption is on the rise. Moreover, the use of a purified form of gluten called vital gluten—as a thickener and to make otherwise-dense products like whole-wheat bread more palatable—has increased, though at the moment no one's keeping track of how much we're eating. For the small subset of people who are genetically susceptible to gluten or an as-yet unidentified substance in wheat, it's possible that this increase in wheat and gluten might be great enough to trigger symptoms.

Our modern-day appetite for processed foods, many of which are wheat-based, may also hold a key to why so many people lose weight and feel better when they go off of gluten. Daniel Leffler, M.D., director of clinical research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston, points out that “it's human nature to think that it's what you take out that makes you feel better, but it might also be what you add.” In other words, some of the supposed benefits of a gluten- and wheat-free diet may be less about the lack of gluten or wheat and more about overall dietary and lifestyle changes. If you replace highly processed and refined wheat-based carbohydrates with unrefined, nutritious and lower-calorie choices like vegetables and fish, you may well see an improvement in your health (and indeed, these are the sort of gluten-free foods that both *Wheat Belly* and *Grain Brain* recommend). As both books also make clear, there's no health benefit to replacing gluten-containing foods with highly processed gluten-free products, like cakes and cookies. Do that and, “if anything, you'll gain weight, not lose it,” Dr. Fasano says.

The fact that NCGS is associated with

such a wide range of symptoms raises the possibility that there might also be multiple triggers involved. One of the most intriguing theories about a culprit for some of the symptoms of NCGS was put forth in 2013 by a group of researchers at Monash University in Melbourne, Australia. In 2011, this same team published an attention-getting pilot study suggesting that nonceliac gluten sensitivity really does exist and that it is caused specifically by gluten. Yet when the researchers conducted a follow-up trial to confirm their findings, the results indicated something quite different.

The study included 37 volunteers who did not have celiac but who experienced unpleasant symptoms when they ate gluten- or wheat-containing foods. First the researchers put them on several weeks' worth of a diet that was both gluten-free and low in FODMAPs, a term that refers to a category of poorly digested carbohydrates known to cause gastrointestinal distress. (It's short for fermentable oligosaccharides, disaccharides, monosaccharides and polyols.) If you have ever had a bloated, gassy evening after eating a meal heavy in beans or onions, you are familiar with FODMAPs' effects. (Other high-FODMAP foods include apples, artichokes, cashews, mangoes, rye—and, yes, wheat.) Next, subjects were assigned to one of three diets for a week: high-gluten, low-gluten and gluten-free, all of them low in FODMAPs. The results

“There's nothing magical about a gluten-free diet,” one expert says.

were surprising: Far from confirming the findings of the first study, neither the high-gluten nor low-gluten diet caused any more symptoms than the gluten-free diet. Instead, the variable that seemed to trigger the greatest effect was the FODMAPs: When the researchers lowered subjects' intake before the study, “in all participants, gastrointestinal symptoms consistently and significantly improved.”

“We were just as guilty as others in using the term *gluten* too loosely,”

concluded the study's senior author, Peter Gibson, M.D., professor of gastroenterology at Monash University and the Alfred Hospital in Melbourne. But Dr. Gibson is quick to caution against reflexively shifting all the blame from gluten to FODMAPs. Nor does he think gluten has necessarily earned a free pass; he's investigating a link to depression in nonceliac, wheat-sensitive people. “Gluten and FODMAPs are only bad for you if you have symptoms caused by them,” says Dr. Gibson. “We don't want a low-FODMAP diet to become the next gluten-free.” (Dr. Perlmutter acknowledged in an interview that FODMAPs may account for some, but not all, of the ailments he attributes to gluten and says he's open to new science as it evolves.)

OUR DAILY BREAD

If all this sounds confusing, it's not just you—the experts themselves are confused. That's part of the reason many have abstained from weighing in publicly on the debate. Unfortunately, the public is not as patient as scientists would like—we want definite answers, and we want them now—and their silence has helped many of the above-mentioned theories and speculations about NCGS and wheat sensitivities to become accepted as fact.

The good news is that some members of the wheat and celiac scientific community have come around to the idea that they need to communicate their knowledge directly to the public. Last spring, Dr. Fasano published a book specifically intended for nonscientists, *Gluten Freedom*. “When [those other books] came out, I said, particularly because they were quoting our science, ‘We need to distinguish the fact from the fantasy,’” Dr. Fasano says. Likewise, Dr. Murray and his Mayo Clinic colleagues recently wrote *Going Gluten Free*. Both books provide easy-to-read scientific views on who should be avoiding gluten based on what we actually know.

I never did get to the bottom of what exactly in wheat causes people like Sheila Pai so many problems, but I did come away with several useful conclusions. First, “there really is a group of people without celiac who feel pretty lousy when they eat gluten and get better when they take it away,” Beth Israel's Dr. Leffler says.

WRONG WITH WHEAT?

CONTINUED FROM 112

In other words, if you consistently feel bad after eating wheat, you are not crazy—you should get tested for celiac and see a doctor who specializes in wheat-related disorders. (See “The Smart Way to Go Gluten-Free,” page 99.)

Second, “figuring out who else in the general population should try this diet is very challenging,” Dr. Leffler says, and all the celiac and wheat experts I spoke to agreed that, based on our current knowledge, the idea that gluten and wheat are inherently toxic substances that everyone should avoid is an unsubstantiated exaggeration. As Dr. Fasano puts it, “The vast majority of the people who embrace a gluten-free diet nowadays have no medical necessity to do so.” (Even *Wheat Belly* author Davis concedes in his book that celiac disease is “the one ailment to which wheat has been conclusively linked.”)

Third, while intriguing, the proposition that wheat and gluten are responsible for the wide range of ailments that

activists like Davis and Perlmutter attribute to them has not been proved and requires dramatic leaps of faith. According to the most up-to-date science, unless you have celiac disease, ingesting wheat or gluten is unlikely to cause any sort of long-term harm.

In addition, there are potential downsides to going gluten-free. Not only do processed gluten-free alternatives tend to be more expensive, they often make up for their lack of gluten with extra sugar and salt. They’re also often lower in fiber and vitamins, since gluten-free flours don’t have the same vitamin-enrichment requirements as normal flour. And as for weight loss, sure, if you swap wheat-based desserts for vegetables, you might shed a few pounds. But don’t expect a bowl of gluten-free pasta or a slice of gluten-free chocolate cake to do anything good for your pants size.

Lastly, we should all keep in mind just how much about wheat and gluten

scientists still don’t understand—and try to be patient before radically changing our diets based on theories that are, at the moment, still half-baked. (Remember how nutrition scientists used to think margarine was better for us than butter? Early theories are often wrong.) In the meantime, if you read a book or a headline about a new way wheat and gluten will supposedly harm your health, remember this advice from Dr. Leffler: “There’s nothing magical about a gluten-free diet that is going to fix all problems,” he told me. “It’s an area we’re learning more about, but there’s no reason to panic.”

For all of us hoping to enjoy an anxiety-free baguette, that might just be the best news since sliced bread. ●

Catherine Price is the author of Vitamania: Our Obsessive Quest for Nutritional Perfection, out this month from Penguin Press.

GET-IT GUIDE

Covers Sports bra, \$30, and bottom, \$43; Victoria’s Secret Sport; VictoriasSecret.com. Swimsuit, \$49; VictoriasSecret.com. Top, \$430, and shorts, price upon request; Carven.com. **Page 2** Dress, Ashish, \$3,000; Ikram.com. Sandals, Chanel, \$1,950; 800-550-0005. **Page 4** Tank dress, \$3,990; ReedKrackoff.com. Swimsuit, VFiles Sport Plus+, \$120; VFiles.com. Red halter swimsuit, \$390; LisaMarieFernandez.com. Shorts; VictoriasSecret.com for similar styles. **Page 15** Yellow parka, \$1,125, and navy parka, \$1,316, Preen by ThorntonBregazzi; Net-A-Porter.com. Purple vest, \$199, blue backpack, \$79, and red backpack, \$79; Patagonia.com. Pants (left), Calvin Klein Performance, \$49; Macys.com. Striped socks, \$14; AmericanApparel.com. Boots (left), \$100; TheNorthFace.com. Red top, \$310; Longchamp.com. Green vest, Belstaff, \$550; 212-897-1880. Pants (right), Lululemon Athletica, \$102; Lululemon.com. Watch, Swatch, \$120; Store.Swatch.com. Socks (right),

\$23 for two pairs; LLBean.com. Boots (right), \$299; Danner.com. **Page 20** Sports bra, Michi, \$105; MichiNY.com. **Page 28** White top, Full Court, \$95; Maryam Nassir Zadeh, 212-673-6405. Sneakers, Adidas Originals, \$80; Adidas.com. **Page 32** Jackets, \$65 each; Adidas.com. **Page 36** Jacket, BCBGMazAxria, \$598; BCBG.com. **Page 45** Sports bra, \$75, and pants, \$105, Alala; AlalaStyle.com. Watch, \$349; Wellograph.com. Sneakers, New Balance x Kate Spade Saturday, \$95; Saturday.com. **Page 49** Sports bra, Under Armour, \$40; UA.com. Pants, Michi, \$195; MichiNY.com. Sneakers, \$150; Nike.com. **Page 52** Pants, Under Armour, \$30; UA.com. Fitness monitor, \$80; Reebok.com. **Page 63** Watch, TAG Heuer, \$3,300; 212-230-1281. Bracelet, \$750; JohnHardy.com.

Page 76 Sports bra, ZDDZ London, \$210; ZDDZ.co.uk. Shorts, Victoria’s Secret Sport, \$45; VictoriasSecret.com. Watch, from \$349; Apple.com. Sneakers, Under Armour, \$80; UA.com. **Page 78** Jacket, JC de Castelbajac Paris; JC-de-Castelbajac.com for similar styles. Top, VFiles Sport Plus+, \$80; VFiles.com. Bottom, Victoria’s Secret Sport, \$39; VictoriasSecret.com. **Page 80** Dress, Peter Pilotto, \$1,920; Nordstrom. Sandals, Teva, \$50; Nordstrom.com. **Page 81** Top, \$215; OpeningCeremony.us. Shorts, Jeremy Scott for Adidas, \$120; Adidas.com. Visor, ISLY NYC, \$220; IStillLoveYouNYC.com. **Page 82** Dress, \$435, and jacket, \$750; Lacoste.com. Sunglasses, 3.1 Phillip Lim by Linda Farrow Gallery, \$280; LindaFarrow.com. **Page 83** Dress, Preen by Thornton Bregazzi, \$2,186; Net-A-Porter.com. **Page 84** Dress, \$1,200; DKNY.com. Turtleneck, \$28; AmericanApparel.com. Sandals, Chloé, \$1,450; ScoopNYC.com. **Page 85** Dress,

\$3,900; MarcJacobs.com for stores. **Page 86** Top, \$275, and shorts, \$368; MishaNonoo.com. Sandals, Chanel, \$1,750; 800-550-0005. **Page 87** Top and skirt, Fausto Puglisi; Neiman Marcus. Turtleneck, Hanro of Switzerland, \$275; Hanro.com. Sandals, Charline de Luca; Shopbop.com for similar styles. **Page 88** Dress, Anthony Vaccarello x Versus Versace, \$995; 888-721-7219. Sandals, \$530; AncientGreekSandals.com. **Page 89** Dress, Calvin Klein Collection, \$3,495; 212-292-9000. Sandals, Chanel, \$1,950; 800-550-0005. **Page 90** Top, T by Alexander Wang, \$285; AlexanderWang.com. Pants, \$100; Nike.com. **Page 93** Bodysuit, Alix, \$295; AlixNYC.com. **Page 101** Dress, Halston Heritage, \$295; Halston.com. **Page 102** Bodysuits, \$595 each; MichaelKors.com for stores. **Page 114** Jacket, Koral Activewear, \$270; Exhale, 212-561-6400. Sports bra, \$35; Reebok.com. Pants, \$80, and sneakers, \$190; Nike.com.

SELF IS A REGISTERED TRADEMARK OF ADVANCE MAGAZINE PUBLISHERS INC. COPYRIGHT ©2015 CONDÉ NAST ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOLUME 37, NO. 3. SELF (ISSN 0149-0699) is published monthly by Condé Nast, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: One World Trade Center, New York, NY 10007. S. I. Newhouse, Jr., Chairman; Charles H. Townsend, Chief Executive Officer; Robert A. Sauerberg, Jr., President; David E. Geithner, Chief Financial Officer; Jill Bright, Chief Administrative Officer. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40644503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada Post: Return undeliverable Canadian addresses to P.O. Box 874, Station Main, Markham, ON L3P 8L4.

POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to SELF, P.O. Box 37662, Boone, IA 50037-0662. FOR SUBSCRIPTIONS, ADDRESS CHANGES, ADJUSTMENTS OR BACK-ISSUE INQUIRIES: Please write to SELF, P.O. Box 37662, Boone, IA 50037-0662, call 800-274-6111 or email subscriptions@self.com. Please give both new and old addresses as printed on most recent label. Subscribers: If the U.S. Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. If during your subscription term or up to one year after the magazine becomes undeliverable, you are ever dissatisfied with your subscription, let us know. You will receive a full refund on all unmailed issues. First copy of new subscription will be mailed within four weeks after receipt of order. Address all editorial, business and production correspondence to SELF Magazine, One World Trade Center, New York, NY 10007. For reprints, please email reprints@condenast.com or call Wright’s Media, 877-652-5295. For reuse permissions, please email contentlicensing@condenast.com or call 800-897-8666. Visit us online at Self.com. To subscribe to other Condé Nast magazines on the World Wide Web, visit condenastdigital.com. Occasionally, we make our subscriber list available to carefully screened companies that offer products and services that we believe would interest our readers. If you do not want to receive these offers and/or information, please advise us at P.O. Box 37662, Boone, IA 50037-0662 or call 800-274-6111.

SELF IS NOT RESPONSIBLE FOR THE RETURN OR LOSS OF, OR FOR DAMAGE OR ANY OTHER INJURY TO, UNSOLICITED MANUSCRIPTS, UNSOLICITED ARTWORK (INCLUDING, BUT NOT LIMITED TO, DRAWINGS, PHOTOGRAPHS AND TRANSPARENCIES) OR ANY OTHER UNSOLICITED MATERIALS. THOSE SUBMITTING MANUSCRIPTS, PHOTOGRAPHS, ARTWORK OR OTHER MATERIALS FOR CONSIDERATION SHOULD NOT SEND ORIGINALS, UNLESS SPECIFICALLY REQUESTED TO DO SO BY SELF IN WRITING. MANUSCRIPTS, PHOTOGRAPHS AND OTHER MATERIALS SUBMITTED MUST BE ACCOMPANIED BY A SELF-ADDRESSED STAMPED ENVELOPE.



"The cushioning and stability really get me through the miles."
Air Zoom Structure 18 sneakers, \$120; Nike.com

WHY I... RACE

By ELOISE MUMFORD, *Fifty Shades of Grey* actress and half marathoner



After a 10K in Paris, Mumford tweeted this photo with the words "Sweaty. Happy."

“When I run, my focus is finishing on empty. If I don't give each race all I have, I know I'll regret it.”

I'm from the Pacific Northwest, so I grew up running outside. But I treated running as just a workout until a friend persuaded me to sign up for the Nike Women's Half Marathon in San Francisco last year. We trained five days a week for three months. Prepping for the race changed my whole perspective on endurance—both physical and mental.

I had a trainer who created a calendar for me. The plan was two short runs and one long run a week, as well as two days of cross training. We also did group runs. My first one was 3.3 miles, and that sounded so long. But within a few weeks, a 5-mile run seemed short.

My training also included a 10K in Paris—my first race. Running with a group is so different from running by yourself. I was fueled by the energy from the crowd: The thousands of footsteps pounding on the cobblestone streets and echoing off the buildings sounded like rain. It was beautiful. I ended up running a personal best—that's when I was hooked. The half marathon in SF was even better because my family was there cheering for me.

I've found that training translates to acting. Whether it's a race or a role, the things I work really hard at are the ones I'm most proud of. I think Kate (my character in *Fifty Shades of Grey*) is such a fierce, strong woman—she would have running a full marathon on her bucket list.

After my half marathon, I set a goal for myself to run one race a month. Running has become so much more than exercise: I've found mental focus and purpose. Going through that experience with 25,000 other people is what makes it an event.



Left: the Tiffany & Co. necklace given to finishers at the Nike Women's Half Marathon in San Francisco.

Below: Mumford crossing the Golden Gate Bridge during the race



"I love this bra's level of support."
Pro Fierce Sports Bra, \$50; Nike.com



FIFTY SHADES OF GREY

Onscreen, Mumford (right) plays Kate, the BFF of Anastasia Steele (Dakota Johnson).



STYLING: ASHLEY FURNIVAL. STILL LIVES: STUART TYSON; STYLING: RENATE LINDLAR. COURTESY OF ELOISE MUMFORD (2). CHUCK ZLOTNICK/UNIVERSAL PICTURES. SEE GET-IT GUIDE.

Ogx[®]
beauty pure and simple

HYDRATING
argan oil

EXTRA STRENGTH
hydrate + repair
argan oil
of morocco
SHAMPOO

Repair dry, damaged, brittle tresses with this extra powerful blend of **argan oil** of **Morocco** to intensely hydrate, while **silk proteins** lock in the moisture to give hair a second chance at silky perfection.

REPAIRING
silk proteins



Argan Oil + Silk Protein = Super Hydration & Repair
ogxbeauty.com |    ogxbeauty

Miss Dior



So Miss, So Dior